

OTTAWA JEWISH

November 27, 1992

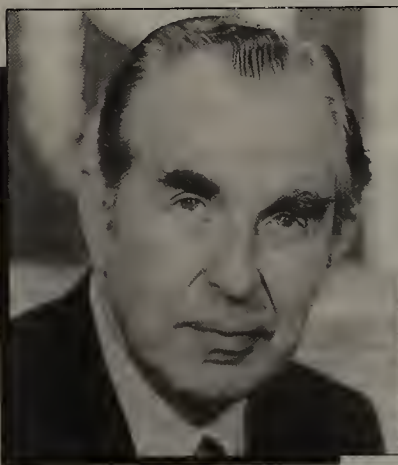
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BULLETIN & REVIEW

General Assembly in New York

Herzog optimistic about the future



Israeli President, Chaim Herzog

NEW YORK, (JTA) — In a speech resonant with sweet nostalgia and optimism for the future, Israeli President Chaim

Herzog urged North American Jewish federation leaders gathered in New York to place the subject of Jewish continuity at the

top of their agenda.

Herzog addressed the 61st General Assembly of the Council of Jewish Federations at an international plenary held in Radio City Music Hall. The event capped a day of forums and workshops dedicated to the Jewish continuity issue.

Herzog said that Jewish education must be the first priority of the organized Jewish community both in Israel and the Diaspora. He urged the leadership to work hard to "stem the tide of assimilation," saying that "your future and our future depend on it."

One of the "great challenges of the Jewish people," he said, is the preservation of our unique spiritual and cultural heritage.

Herzog opened his address with a "sincere and heartfelt" greeting to President-elect Bill Clinton, with the hope that he "will continue to develop and expand the special relationship" between the United States and Israel.

He quickly added a note of gratitude to President Bush for his "major role" in the Middle East peace process and wished

the outgoing president and his wife the best of luck.

Herzog, who will retire from office in May after serving 10 years as Israel's sixth president, talked of the "oneness of the Jewish people" he felt during his numerous visits to the world's Jewish communities.

He shared emotional reminiscences of his visits to Jewish communities in such far-flung places as Fiji, Singapore, Czechoslovakia, Zaire, Holland and Argentina.

As president, Herzog made the first visit by an Israeli chief of state to Germany. During that

trip, he visited several concentration camp sites and "swore in the name of the Jewish people never to forget and never to forgive."

Herzog's face shone with pride and optimism when he reflected on the changes that have taken place in the world since he assumed office.

In 1983, he said, the concepts of perestroika and glasnost were "unknown and unheard of." It is an "irony of history" he said, that the Soviet Union, which had been the world's champion of anti-Israel sentiment, dissolved itself only after recognizing the legitimacy of the Jewish state.

Teen trips to
Israel a priority

"Our goal is to
ensure that by the
age of twenty-one, all
North American Jews
have the opportunity
to visit Israel."

Charles R. Bronfman

NEW YORK (JTA) — A trip to Israel will become as universal a rite of passage for American Jewish youth as a bar or bat mitzvah, if a new multimillion dollar effort succeeds.

The five-year project will set aside funds to help local federations promote summer trips to Israel and to provide scholarships for teens interested in taking the trips.

Those involved hope to raise the number of young Jews traveling to Israel from the current 8,000 a year to at least 50,000

annually by the year 2000. There are an estimated 350,000 Jewish teenagers in the United States and Canada.

Leading the newly announced effort is the CRB Foundation, which for five years has been researching the impact of Israel trips on Jewish identity. Partners with the foundation are the United Jewish Appeal, the Council of Jewish Federations, the Jewish Community Centers Association of North America and the Jewish Education Service of North America.

"The Israel Experience holds great promise for heightening awareness, strengthening identity and making a significant contribution to contemporary Jewish life, education and Jewish continuity," Charles Bronfman, president of the CRB Foundation, said as he announced the new program to 3,000 delegates attending the General Assembly of the Council of Jewish Federations, held in New York, November 10-15.

"Here you have a powerful and

continued on page 2

Impressions of a First-time Delegate

By Alyce Baker

In mid-November, New York City was host for the first time, to the Council of Jewish Federations' General Assembly. This is North American Jewry's most important gathering, as some 3,000 delegates dealt with watershed issues. It was an opportunity for federations under the CJF umbrella to explore communal needs and discuss issues that galvanize Jewish communities, large and small.

The G.A. as it is affectionately called gives both staff and lay people a renewed sense of spirit, to go back to communities and do the work that needs to be done. The Council of Jewish Federations was founded in 1932 and coordinates policy and planning for member federations, which raise funds for local Jewish needs and for Israel.

This 61st Assembly took one full day of the plenary to deal with the issue of Jewish identity and continuity. This theme was spurred on by the results of a National Jewish Population Survey in the United States which released some very bleak statistics relating to mobility and

assimilation. As well it was noted that the Jewish population in the country had not increased significantly in the past twenty years, barely 100,000.

A perusal of the program book identified the range of topics that were discussed. Included among them were Israel-Diaspora relations; Refugee Resettlement; Post-Election Analysis; Anti-Semitism in the Small Community; Aging; Planning for the Future; The Jewish Child; Addressing Poverty; The Challenge to the Jewish Community.

Most of all the G.A. is an opportunity for people to network. As a first time participant, the highlight was definitely Thursday evening's session held at Radio City Music Hall. I cannot begin to describe the emotion I felt when 3,000 Jews stood and sang Hatikvah in unison. And nothing can take away from the pride and joy I felt that night as the Jews of North America joined to bid farewell to Israel's President Chaim Herzog, whose term is ending in May 1993.

Canada's Charles Bronfman addressed the audience vowing

to send at least 50,000 North American children to Israel by the year 2000 by subsidizing teen trips and thereby enabling Jewish youth to make a "connection" with their heritage. Currently 8,000 teens from North America visit Israel yearly (see article below).

From a local standpoint Ottawa was well represented with nine participants, including Gustave Goldmann who presented his recent demographic study undertaken for Statistics Canada; and Margo Schwartz and Linda Nadolny Cogan who led seminars for Women's Division of U.J.A. Ottawa was recognized with a silver award for the Ottawa Jewish Bulletin & Review in the category of "Newspapers with Advertisements."

Shoshana Cardin, past president of the Council of Jewish Federations summed it all up when she stated: "We made human rights acceptable and that will bring us into the 21st century... Every Jew has a right to entry into the Jewish community... We should not suffer the burden of being Jewish but rather teach the joy of being Jewish."

INDEX

Candle Lighting	20	Kid Lit	12
Commentary	3	New Ottawans	5
Community Calendar	20	Sixtysomething	10
Foundation Donations	18	Vaad Report	2
From Soup to Nuts	8	View from the Pulpit	4



Vaad Report

**Dr. Maureen Molot, President
PRESIDENT, OTTAWA VAAD HATIR
JEWISH COMMUNITY COUNCIL**

EXECUTIVE RETREAT: Recognizing the importance of thinking ahead, members of the Vaad Executive spent Saturday evening, November 21, and much of Sunday, November 22, debating the future direction of the Ottawa Jewish Community. Among the questions discussed were: what are the role and responsibilities of the Vaad in community leadership; what institutions are needed to ensure a high quality of Jewish life in Ottawa; where should these institutions be located; how should planning for the future take place? In the coming weeks and months the Vaad Executive will meet with leadership of the major community beneficiary agencies to map out a clear direction for the Community's future. I look forward to sharing this exciting process with you.

UJA CAMPAIGN: The 1993 UJA campaign is moving along extremely well. Canvassing in many divisions is nearing completion and in others is well under way. At last report the campaign had reached the \$2.4 million dollar level. This is impressive, but we have more to do. It is urgent that all cards be completed as soon as possible. We all know that community needs as well as needs in Israel are great and that we all have a responsibility to pledge generously. How well we are able to meet the demands we face for services in Ottawa as well as in Israel depends on each of us doing his/her part. Our appropriate 1993 campaign phrase says it all: **WE CANNOT DO IT WITHOUT YOU!**

GENERAL ASSEMBLY OF THE COUNCIL OF JEWISH FEDERATIONS: The GA was held in New York November 11-15 and, as always was an exciting gathering of North American Jewish leadership. The GA theme this year was **Continuity and Identity** and sessions focused on a variety of topics relating to contemporary Jewish life in North America, including the issues facing college students, the importance of Jewish education, outreach to newcomers and the unaffiliated, human resource development, campaign issues and so forth. One of the highlights of the GA was the address by Israel's President Chaim Herzog, which was held in Radio City Music Hall. With at least two thousand in the audience President Herzog reviewed the extraordinary changes in Israel's international position that had occurred during his presidency, particularly in the last couple of years. Ironically, he noted that Israel was the last country to which an ambassador from the Soviet Union presented credentials before the collapse of that country. For a personal account be sure to read Alyce Baker's front page story on the GA.

RUSSIAN OLIM: It is a truism to state that the Russian olim are changing the face of Israel, but the statistics nevertheless are amazing. In an early November statement the Israel Central Bureau of Statistics noted that olim from the former Soviet Union now constitute the largest immigrant group in Israel. This category of immigrants now numbers some 617,000 people, more than double their number when the aliya began in 1989. Olim from the Commonwealth of Independent States now outnumber Israelis from Morocco, previously the largest ethnic group in the country, and the influx from the CIS is continuing. Speakers at the GA continuously repeated that there are hundreds of thousands of CIS residents holding exit permits and that, with the onset of winter, aliya will pick up. Moreover, there are Jewish Agency representatives all over the CIS who are assisting Jews who want to escape ethnic violence leave for Israel.

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Mayors Kollek and Lahat are retiring

JERUSALEM (JTA) — The charismatic mayors of Jerusalem and Tel Aviv both say they are stepping down.

Teddy Kollek, 81, and Shlomo ("Cheech") Lahat, 65, have announced they will not seek re-election next year.

Kollek has been in office 27 years, Lahat 19.

The Jerusalem mayor, however, has agreed to postpone his official announcement: two

months to allow the Labor Party to choose a candidate as his successor in the high-visibility post.

Kollek backs his deputy, Amos Mar-Haim, for the job, which involves sensitive relations with the Arab population of East Jerusalem and administration of a city sacred to three religions. But Labor fears Likud might field a strong candidate, such as Ariel Sharon or Ehud Olmert, who would be hard to defeat with

a relative unknown like Mar-Haim.

The mayor, however, made clear to Labor leaders that he's firm in his decision not to run again, a spokesman for Kollek said.

Lahat, a maverick Likudnik, called a news conference to announce he would not seek a sixth term in the November 1993 elections. He said public officials should know when it is time to go home.

Teen trips

continued from page 1

viable educational vehicle, proven by all of the studies to have an enormous impact on personal identity and key decisions made later in life, and it is taken advantage of by an insignificant number of our young," said Peter Geffen, program officer for Israel trips at the Montreal-based foundation.

The initial program will provide grants to up to 12 communities that agree to match the money and make Israel trips a community priority.

UJA will provide \$750,000 worth of grants over three years, which will form the bulk of the funding. Rabbi Brian Lurie, UJA executive vice president, has for some time called for all Jewish youth to visit Israel.

The CRB Foundation has spent \$1.5 million annually the past few years researching the issue and setting up the framework for this new effort.

The participation of the UJA and CJF in the project will send the message that the Israel Experience, as the teen programs are called, is a communal priority.

Geffen added that broad participation in the Israel Experience must naturally require community leadership to consider it important and stress its centrality. But, additionally, families must begin considering sending their children on such a trip long before they are teens.

"We must create methods of funding trips because no foundation can subsidize the hundreds of thousands of kids we're talking about sending to Israel," said Geffen. "So every community

has to devote a percentage of their resources to funding."

However, subsidies by themselves are not the only answer, said Geffen.

He said that "while there is a clear percentage of young people for whom money would make all the difference in the world, on the other hand you could probably get 50,000 to Israel without money being an impediment."

"We remain an affluent community where many young people have cars, computers, summer camps, travel to Europe, and go to extremely expensive universities, all of which is paid for."

Geffen said that precisely how to convince North American

Jewry to send more than five per cent of their children to Israel remains to be worked out.

"We're intentionally calling this a pilot process. Not having had the opportunity to test these questions in the field, no one can tell you if you do this or that, it will make a difference."

"Experiments have to be made," he said.

"We're looking to learn over three years in each of the 12 communities things that can then be replicated across the continent."

The Ottawa Jewish Community has always made teen trips to Israel a priority and will be making representation to be part of this exciting project.

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Steven Kimmel, Nathan Levine, Stephen Kaiman, Cheryl Breger

Commentary

Myra Aronson

Reflections on Winter

Last year around this time, I made up my mind to view things differently. You see, I've never liked winter — despised it in fact. At the first snowfall, my reaction would range from absolute horror to total denial. Maybe this year the snow wouldn't actually stick to the ground!

Repeatedly, I've been awarded the annual distinction of being the last person to bring a car in for snow tires. It's not a question of being disorganized. In fact, I pride myself in being quite efficient. No, it's that denial thing again. Maybe I won't need them this year. Not for me to submit graciously to what everyone else seemed to accept as inevitable.

Other people look forward to winter for the sports. Unfortunately, I never learned to ski as a child — too cold. Or to skate — too wet. But I was determined to turn things around and try to enjoy myself.

It's truly amazing how one can shift gears when motivated to do so. For the first time in a long while, I actually enjoyed the sights and sounds of the season.

I discovered there are few things more magical or enchanting than walking on a winter's night with a soft, delicate snow falling lazily and haphazardly all about you. It reminded me of being part of a giant "snowball" — those toy glass globes that you shake to release tiny imitation snowflakes. Everything is quiet, everything is still, except for the crunch, crunch sound of your footsteps methodically landing on the snow.

On one occasion, I remember arriving at my son's school during a recess period. I was hard-pressed to locate him. I was confronted with an absolute rainbow explosion of colour — a dizzying assortment of snowsuits, mittens, scarves and toques. In contrast all the little faces, especially cheeks and noses were the same colour — bright red. However, all the children seemed oblivious to the cold, being much too busy building snowmen and forts; lying on the ground, little arms and legs moving in a furious windmill motion to create angels; or sailing down the various snowbanks with carefree abandon. Children's reactions to events and circumstances tend to give fresh insight to our own weary views. Seeing something anew through a child's eyes revives the youthful spirit in all of us.

Whenever we could, we would light our fireplace. There is something very comforting and soothing about sitting in front of a warm fire. It's really quite mesmerizing. The mood is further enhanced when the fire is accompanied by softly played classical music, a glass of wine or a steaming cup of hot chocolate.

I even tried skiing, although admittedly it was more toward spring than actual winter. I actually discovered that I quite liked it. My older children, all accomplished skiers, certainly enjoyed their opportunity to experience role reversal. They encouraged me on, with obvious parental-type pride. "You did great Mom; you only fell seven times this run!"

As winter again approaches I am now fortified with these warm and blissful remembrances. So let it snow, let it snow, let it ... well, not quite that much.



Hadassah National President, Esther Matlow

Begins year-long celebrations

Hadassah-WIZO marks 75th Anniversary

Although preoccupied with vital matters of Canadian concern, Members of Parliament set aside time to join in paying tribute in the House of Commons to the Hadassah-WIZO Organization of Canada on November 23rd to mark the 75th anniversary of the country's largest organization of Jewish women.

National President Esther Matlow and members of her administration were in the visitor's gallery when Toronto MP Bill Attewells rose in the House to recognize

officially the many achievements of Canadian Hadassah-WIZO. Later in the day Speaker of the House John Fraser hosted a reception for the National Executive, MPs and other dignitaries. Another reception followed at the home of the Israel Ambassador to Canada, Itzhak Shelef.

The anniversary celebrations launched in Ottawa will run for a year. According to Mrs. Matlow the year will be highlighted by "extraordinary activities, among the 17,000 members, culminating with a National Convention in Israel in November of 1993."

The Zionist movement was in its comparative infancy and the hope for a national homeland for the Jews was still very much in the dream stage when the founders of Canadian Hadassah met for the first time in 1917 — the year of the Balfour Declaration — at the home of Mrs. M.L. Willinsky, in Toronto, to form the organization. Its aim was to improve the quality of life for women and children in Israel as well as engage in advocacy and promote educational programs in Zionism in Canada.

Lillian Freiman, of Ottawa, the first National President, said 75 years ago that "Hadassah is not the fad of a moment...but the slow process of building up a nation on a solid foundation of health and progress that shall endure for all the ages."

Even a visionary like Mrs. Freiman would have been astonished at the amazing growth of the organization, which now has 267 chapters in 43 centres from Victoria to St. John's.

Members of Canadian Hadassah-WIZO are part of a worldwide network known as the Women's International Zionist Organization (WIZO), which has federations in 50 countries on five continents. Total WIZO membership is about 250,000. Due to its size and influence throughout the world, WIZO is recognized by the United Nations as a Non-Governmental Organization (NGO).

For thousands of women, Canadian Hadassah-WIZO has been a life long commitment which has been passed on to children, grandchildren and even great-grandchildren.

Through raffles, testimonial dinners, huge bazaars and other novel means, Hadassah-WIZO members raise a tremendous amount of money annually to keep its various institutions operating in Israel as well as contribute to the WIZO institutes.

Canadian Hadassah-WIZO finances schools, youth clubs, community centres, hospitals and aids in the absorption of immigrants.

WIZO is described as one of the best organized links between Israel and the Diaspora, and WIZO officials readily acknowledge that Canada plays a vital role in its operation.

National President Matlow says "The organization has the privilege of serving Israel and has helped raise Jewish and Zionist consciousness among our members and the general community."

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Lena Florence chapter of Hadassah 25th Anniversary honouring the President and Founder Lena Coplan — taken at the Rideau Street Synagogue, 1940.

Starting third from left: Molly Betcherman, Thelma Ritt presenting award to Lena Coplan, Dorothy Alexander, Olive Pullan, Lilian Coplan Gertsman.

Courtesy: Ottawa Jewish Historical Society.

Bulletin Deadlines

Wednesday, December 30
for January 15 issue

Wednesday, January 13
for January 29 issue

Wednesday, February 3
for February 19 issue



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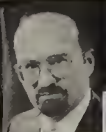
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View from the Pulpit



Wrong About Human Rights

By Rabbi Reuven P. Bulka
Congregation Machzikei Hadas

Just a little while ago, our community sponsored its pre-Simchat Torah Human Rights Rally at the Human Rights Monument.

Unlike other years, when there were issues of concern that impacted upon Jewish communities elsewhere, this year things were different.

The situation of what was once called Soviet Jewry has undergone significant improvement, with hundreds of thousands having left for Israel, and many more poised to go.

We should not delude ourselves into thinking that all Jews in the former Soviet Union are safe from fear. The specter of an anti-Semitism that comes from the lack of a strong central government is real, and potentially more dangerous than previous dangers. Pamyat aggressiveness is more widespread and overtly anti-Jewish.

However, for the present the situation in Russia and the other Republics is much better than in the past.

There has also been a significant improvement on other fronts. So what was left for us to do this year at our Simchat Torah Human Rights Rally?

We shifted our focus to Human Rights abuses all over the world. We should not delude ourselves into thinking that there are no Human Rights abuses in Canada. They may not be as severe as other countries, but speak to the Black community in Toronto, or Aboriginal communities all across Canada, and they have painful stories to tell.

Additionally, there have been some terrible and unspeakable horrors which appeared on the front pages of the news in the last little while, including the situation in Somalia and in what used to be Yugoslavia.

Our focus on Human Rights Day, was on those situations. And to our community's credit, quite a few did show up at the Rally, including some of the always cooperative Rabbis in our community.

As Jews, we acknowledge a special responsibility to assure the Human Rights of all individuals, wherever they may be.

The ultimate lesson of our protracted enslavement before becoming a people, is that we must be sensitive to all minorities, all people who feel estranged, or who are persecuted for whatever reason.

Recently Alti Rodal brought to my attention a piece in the New York Times of November 9, 1992, written by Flora Lewis.

She urged Jewish groups to take the initiative to show that concentration camps provoke the solidarity of victims of persecution. "The moral duty is general, but refusal to shirk it and to be indifferent is especially appropriate from the representatives of Jews."

Flora Lewis urged Jews to "sound the trumpet." This, by the way, is how we classically conclude our Human Rights Rallies, with the sounding of the Shofar of Freedom.

But there must be more than symbolism involved in this Shofar. The message of this senior columnist in the New York Times, is a matter of immediate concern.

There are pressing challenges facing the Jewish community. The world literally pleads with us to do for all people what we have always felt as a special responsibility, namely to stand up for the oppressed, speak out for them, and not rest until Human Rights abuses have been corrected.

This is the lesson of our history, and must be the language of our expressed concern.

What can we do? For openers, send letters to your local MP, to the Minister of External Affairs, and to the Prime Minister, urging Canada to assume an aggressive leadership role, especially with the post-Bush - pre-Clinton hiatus in Washington.

Letters to the Editor of your newspaper also are helpful.

Whatever you do helps. And our collective voice of concern is the right trumpet sound for this critical moment in human history.

Synagogues plan Chanukah Dinner Dance

The Social Committees of both Congregation Machzikei Hadas and Beth Shalom Synagogue are planning a joint Chanukah Dinner Dance. This exciting event, which coincides with the lighting of the first Chanukah candle, will be held in the newly decorated Social Hall of Machzikei Hadas Synagogue, 2310 Virginia Drive on Saturday evening, December 19 at 7:30 p.m.

Reserve a table with friends or come and meet new friends! Call Barbara Cohen (733-8583); Ray Fathi (828-2838); Helen Gilman (825-5919); Joel Taller (733-4796); Gloria Trainoff (225-1301); Issie Rose c/o Beth Shalom (232-3501) or Machzikei Hadas (521-9700). For catering purposes, reservations must be made by December 14.



From left to right: Mrs. Charlene Fine, Rabbi Arnold Fine (1992 Negev Dinner Honouree), Henry Molot, JNF Ottawa Chairman and Rabbi Reuven P. Bulka, Dinner Chairman.

Rabbi Fine honoured at Negev Dinner

Three hundred and twenty five people crowded the auditorium of the JCC on November 10 for the Negev Dinner to honour Rabbi Arnold Fine for his outstanding commitment to the Ottawa Jewish Community and to Israel.

Enthusiasm and warmth permeated the room as tributes were given to the honouree. Rabbi Reuven P. Bulka, as Dinner Chairman ensured that the evening flowed smoothly.

This event culminated the Jewish National Fund's 1992 Negev Dinner campaign during which substantial funds were raised. These funds will help ensure that Jewish National Fund continues its important tasks in Israel which include programs of afforestation, road-building and the construction of infrastructures for new villages.

This year the Ottawa community honoured Rabbi Arnold Fine by giving its support to the Rabbi Arnold Fine - Ottawa Road project which will run from the Jerusalem neighbourhood of Givat Shaul to the community of Moshav Beth Zait in JNF's Jerusalem Forest.

Many individuals ensured the success of the campaign including Sidney Goldstein, General Campaign Chairman; Marion Mayman, Synagogue Tribute Chairman of Agudath Israel; and Norman Lesh and Jack Smith, foundation co-chairmen.



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Qualifications:

Proven journalistic skills and experience.

Computer literacy, including some familiarity and knowledge with the electronic printing process.

Knowledge of and sensitivity to the Ottawa Jewish Community a definite asset.

The Ottawa Jewish Bulletin & Review is published by the Jewish Community Council of Ottawa/Vaad Ha'Ir. Nineteen issues annually are made available on a subscription basis, three of which are distributed community wide.

Written applications including resume should be forwarded in confidence to Mr. Gerry Koffman, Executive Director, Jewish Community Council of Ottawa, 151 Chapel Street, Ottawa, Ontario, K1N 7Y2, no later than December 4, 1992. Salary to be negotiated.



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Reservations must be received by December 14

NEW OTTAWANS

This is the second in a series of articles featuring newcomers to our community

By Alyce Baker

Though the majority of arrivals seem to have their origins in not too distant places many new Ottawans have colourful backgrounds and have left exotic homelands. Their history is far different from most of us. Such is the case of Sharon and Simon Davidson, whose exodus from South Africa in 1977, was predetermined many years earlier.

Sharon's parents originated from Lithuania and eventually settled in Zimbabwe (formerly Rhodesia). While at university in Johannesburg, Sharon and Simon met and their relationship culminated in marriage during Simon's final year of medical school. After interning in Soweto, Davidson was forced to complete a year's compulsory service

in the army. During this time, Sharon was putting her teaching diploma into practice.

Simon is a second generation South African. At five years of age he was already politically astute and very uncomfortable with the discrepancy in lifestyles between blacks and whites. The lack of status which his black nanny was forced to endure severely offended his sense of justice. He vowed at a young age that he would escape this unfair society.



Sharon and Simon Davidson

We've had experience being wandering Jews.

In 1977 leaving family behind, the Davidsons took up residence in Hamilton, Ontario knowing they would never return to South Africa. After a four year stint as a resident at McMaster, Sharon and Simon moved to Kingston. The transition was easy because neither had had any involvement in the Hamilton community. The stay in Kingston lasted three years and served to point out certain requirements to the Davidsons. The city was too small and there were not enough viable options in the Jewish community. Though neither Simon nor Sharon had attended parochial school themselves, they felt the

need for a greater Jewish environment. However, it was in Kingston that Simon first got his taste of organizational work, where he served on the board of a local synagogue.

After three years the Davidsons made their next career move to Ottawa. Simon is currently chief of psychiatry at the Children's Hospital of Eastern Ontario and Sharon is a secondary school English teacher. Their sons, Martin and Darren are both Hillel educated. Simon credits the school for being a good meeting place to connect with other parents and eventually forge relationships. Simon states, "We've had experience being wandering Jews. There are a few important things to do when you move to a new city.

- 1) meet with the Rabbis - they can suggest where to live, where to go to shul and put you in the right direction for schooling;
- 2) find tennis partners; and
- 3) find a good travel agent."

Davidson continues: "We've accomplished all three. The Rabbi was easy to find. The travel agent was the hardest."

Sharon has found Ottawa to be a very welcoming community.

Simon wants outsiders to know that whatever your religious beliefs, you can find a niche to fit into. "Ottawa is a great place to live if you're Jewish because it's small enough to connect with like-minded people and big enough to remain relatively unknown."

Simon values what the community has offered him and if asked to serve, he does. When there's a role for him to play, he likes to maintain a certain level of involvement. Apart from professional commitments, he finds time to serve on the board of Agudath Israel Synagogue.

Sharon has found Ottawa to be a very welcoming community and has developed friendships with other families from all stages of life and levels of Judaism.

Apart from the weather, the Davidsons have not looked back from their previous life in South Africa. "This is it..." they state emphatically of their adopted homeland.

On behalf of women and children in Israel, Na'amat Ottawa thanks all of its donors for their generosity in this year's Spiritual Adoption Campaign. Your donations will go far in enhancing their quality of life.



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FICTION



The Night of Broken Glass

by Donna Aronson

After a hard day's work, I decided to close my crafts shop located in Old Montreal and go home. Just as I was taking the key out of the door, I noticed a couple of kids riding by on their bicycles. They looked like nice clean-cut boys so I waved and greeted them with a warm, friendly smile. They stared at me with angry eyes and then laughed. "You stupid, old man," one of them shouted.

One of the bigger boys walked toward the trash and grabbed an empty bottle. He clenched it tightly in his hands and then he threw it at my shop window, and it shattered. The glass went flying everywhere; it fell like rain all over the sidewalk in front of my shop. I put my hands to my ears to block the noise. That familiar noise of shattering glass rang through my ears. The broken glass that lay still on the ground brought back nightmares of the most horrifying night of my life, the night of broken glass - Kristallnacht.

As I stood there sweeping up the glass, I remembered my father crying as we cleaned up his grocery shop in Munich, Germany fifty-three years ago.

It was November 1938 and it

was cold in Germany. Anti-Semitism was on the rise and Hitler had taken power over Germany. The tension in Eastern Europe had been very high for months. We were a Jewish family living in a country full of depression, hatred and hardship. My family was always having private conversations in which they excluded me, and after each meeting they always looked worried, but I was only seven years old and what worries did I have? Except, for some reason, my mother would always pick me up from school. It was very strange because she had never done this before. As we walked home day after day, all of the older children would laugh at my mother and me. They would call us "Judens" and would stand around us pointing and pushing. My mother would pull me closer and we would keep on walking.

As we sat down to our usual Sabbath dinner, I noticed that the worried look on my mother's face, which had been there for months, had grown deeper.

I remember my mother telling my family that there had been talk of a major pogrom all across Germany, and therefore she wanted to leave the country as

soon as possible. My father told us that we were not going to leave. "My grocery shop is a success, the children are in school," he exclaimed. "Our life is here in Germany and we aren't leaving; besides nothing is going to happen."

It was Sabbath and no one wanted to argue, but that wasn't the last time we were to hear about leaving Germany. As a matter of fact, by the very next day, the Jewish community was buzzing with news of the upcoming pogrom. Some families were preparing to leave, but others were not worried. My mother insisted we leave, but time and time again my father refused.

Days passed and my mother had given up hope of leaving Germany. Then one day my mother kept us all at home because tension was too great to go to school. My father closed his grocery shop early and came home for dinner. We ate in silence and then it happened. The horror began.

As we all huddled near the window we were not prepared for what we saw. Our jaws dropped and we all froze, the sky was black with smoke, and Munich was red with fire. Holy and religious books were being burned by the hundreds, shops were on fire, we could hear glass being broken from miles away. There were massive crowds, guns, shooting, yelling and crying. Despite all of this, some of the citizens of Munich were dancing in the street. My mother started to whimper, then cry and then wail. My father stood still at the window and I stood beside him, scared and cold. My sisters and brother comforted my mother and they too cried. We all gathered together on a nearby couch, except for my father who stared out the window until morning.

At the first hint of light, my father, along with my brother and I, headed toward the grocery shop not knowing what to expect. As we approached the shop, we saw what had happened. The windows had been smashed, the glass was scattered on the ground, the store was empty, bullet holes covered the walls and half the store had been burned.

Then for the first time since the pogrom had started, my father cried. We cleaned up as much as possible and returned home. Overnight my father had aged twenty years. He was tired and forlorn. He told my mother that she had been right; we were no longer welcome in what we thought was our home.

We got our passports and papers together. We said goodbye to friends and family and tried to persuade them to leave as well. We were on our way to Canada.

A horn from a passing car jolted me back to reality. I quickly looked around. The boys who had broken the window had already biked away, and the glass from the broken window still lay on the ground. My emotions overwhelmed me and I sat by the curb and cried.

The above article was written by Donna Aronson, a student at Nepean High School and published in the American student newspaper the 21st Century. We felt the emotional impact of this story was particularly timely in the light of Kristallnacht remembrances. G. Koffman.

CJC deplores racism in Germany

On the occasion of the 54th anniversary of Kristallnacht, the night of broken glass, Canadian Jewish Congress has called on all world leaders and especially the German government to play a leadership role in condemning recent acts of neo-Nazi racism in that country.

"We call upon the leaders of Germany and all of Europe and indeed all the world to be stalwart in assuring we never have to experience another Kristallnacht when organized groups of Nazis attacked and murdered Jews and destroyed synagogues, businesses and homes," stated CJC National Holocaust Remembrance Committee Chair Nathan Leipziger. "As neo-Nazism rears its ugly head today, more than half a century after the darkest period in our history, it is well to recall that Kristallnacht did not mark the beginning of the inexorable

march to the Holocaust, but was the last alarm left unheeded. Let's hope that we do not make the same mistake twice."

Mr. Leipziger notes that while the events of November 9, 1938 were extensively reported in the world press, there was no action taken by other governments in response to Kristallnacht. "To see at last the Chancellor and President of Germany standing before more than 300,000 German citizens and speak firmly against the horrific acts of the past months sends the clear message that this matter now is being taken seriously," he said. "These acts of leadership must be followed up similarly around the world, wherever racism and anti-Semitism exists. In Canada, with the Holocaust deniers who taint our society with their venom, these individuals and groups must also be dealt with severely."

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Berlin, 1945 At the first High Holidays in Berlin synagogues since 1938, two Jewish boys who survived the Holocaust. Photo: Robert Capa, *Children of War, Children of Peace*, Bulfinch Publishers, 1991 Courtesy Estate of Robert Capa.

Jewish Museum to be built in Berlin

BERLIN, (JTA) — More than two decades after it was first proposed, the cornerstone for a Jewish museum in Berlin was finally laid there on Nov. 9, the 54th anniversary of Kristallnacht.

The museum, which is shaped like a lightning bolt, is really an extension of the Berlin Museum designed to house a Jewish collection. It was designed by an acclaimed American Jewish architect, Daniel Libeskind, who won an international competition for the museum's design in June 1989.

The Polish-born Libeskind, whose parents lost many relatives in the Holocaust, said last year, "Even though I am not German, I am really from here. It is as if I have worked on this project my whole life."

At the groundbreaking ceremony, Berlin Mayor Eberhard Diepgen recalled the fact that the Jewish Museum is one of the very few new public projects that Berlin is still financing despite its tight budget.

It is believed the project will cost a total of nearly \$69 million. It was originally scheduled for

completion by 1995 but is now slated for 1998.

The museum is going up against a backdrop of constant attacks by right-wing extremists against foreigners, asylum seekers, Jews and Jewish sites. Diepgen pointed out that Germany will not tolerate any extremist violence or anti-Semitism.

The minister for cultural affairs, Ulrich Roloff-Mömm, said that the museum cannot be separated from current events.

"If we do not learn from history — and museums are the appropriate place for this — it is as if the victims of the (Nazis) terror have died another senseless death," he said.

The director of the Berlin Museum, Rolf Botke, said he was recently asked whether it is proper for such a museum to also serve as a memorial.

"The answer is simple," he said. "As long as concentration camps such as Sachsenhausen are set on fire, it is justified for the new museum to also serve as a memorial."

Enjoy Israel the JNF way!

For Ottawa residents Malca and Bill Kahansky, a JNF Mega Tour is too good to pass up. Participants on the 1992 "90th anniversary" tour, they have just registered to go again this year.

The reason why they did so is obvious to them: the previous tour was a great experience and they can't wait to return to Israel with JNF.

Bill speaks enthusiastically about his experience on last year's trip. He readily admits that he and Malca originally intended to go to Israel with another organization. However, they chose the JNF tour for their sixth visit to Israel, and do not regret their decision.

Bill says that the JNF participants "were treated royally". After our arrival at Ben-Gurion "we visited the Kotel and other sites around Jerusalem before going to the hotel. While in Jerusalem we visited the Israel Museum, the Hadassah Hospital to see the Chagall Windows: Ammunition Hill, the Menorah at the Knesset and the Ben Yehuda Promenade where we saw musicians and entertainers. We also visited the Jordan Valley: Beit She'an, the Golan Heights, Tiberias and the Kinneret. We had a very moving ceremony at Yad Vashem attended by all of the 650 participants on the tour, and we also had a tree planting ceremony for the whole group."

The Kahanskys enjoyed the entertainment JNF provided in



Malca and Bill Kahansky

the evenings. One of the programs featured the Duo Reim, a highly talented professional singing group who had just returned to Israel from South America."

There were also a number of meetings with dignitaries,

including Yitzhak Shelef, Israel's Ambassador to Canada; Norman Spector, Canada's Ambassador to Israel; Teddy Kolek, the Mayor of Jerusalem; Simcha Dinitz, Jewish Agency Chairman; Moshe Rivlin, JNF World Chairman; and Major General Ori Orr, Director General of JNF.

In addition to the touring in and around Jerusalem and the Galilee, the Kahanskys, along with the other 16 participants from Ottawa, went to Tel Aviv and Jaffa visiting, among other sites, the Carmel Market and Nachlat Binyamin pedestrian mall. The group also went to Masada and the Dead Sea. The Kahanskys also attended the dedication of the British Columbia Forest at Mt. Karmel near Karmiel in the Galilee by the Hon. John Fraser, our Speaker of the House of Commons.

As Bill tells it, "on the trip we met friends, friends of friends, friends of relatives and friends of good acquaintances. JNF Jerusalem Emissary to Ottawa, Lt. Col. Levi Shafren (who accompanied the group) was always available."

As a result of this memorable experience, the Kahanskys are pleased to have an opportunity to join Levi Shafren once again this year for the 1993 Mega Tour.

Space is still available for this year's tour. If you want to find out what makes a JNF tour so special you can get more information by speaking to Ketty Samiel at JNF Ottawa at 230-9047.

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From Soup to Nuts

By Donna Karlin

Soup is delicious as well as nutritious not to mention how it can warm you up from the inside out! That's especially important around this time of year. It's one of the easiest foods to cook. Any recipe can be customized by adding a pinch of some spice or a few different vegetables. Try pureeing a vegetable soup for a different taste and cut down the salt content in your soups. Try adding other herbs and spices to enhance the flavours rather than masking them with a lot of salt.

Cream of Carrot Ginger Soup

2 Tbsp. butter
2 medium onions (peeled and coarsely chopped)
1 1/2 lbs. young carrots (peeled and sliced)
6 cups parve chicken stock
1 cup milk

1 1/2 cups half and half or light cream
1 tsp. salt or to taste
Large pinch ground white pepper
3 Tbsp. shredded fresh ginger
Optional: 1/4 cup minced fresh dill
INSTEAD OF GINGER

Melt the butter in 3 quart saucepan. Cook the onions uncovered on low heat until translucent, about 15 minutes. Add carrots and ginger. Cover and cook over medium-low heat for 20 minutes. Bring chicken stock to a simmer in a separate saucepan while carrots are cooking. (Or simmer in microwave). Add stock to carrot mixture and boil gently over medium heat about 20 minutes or until fork tender. Remove from heat. Add milk. Allow to cool slightly before pureeing in processor or blender. Stir in cream, salt and pepper to taste. Reheat gently. Don't let it come to a boil. Serves 6.

Texas Lentil Soup

1 lb. lentils, washed and picked over
2 cups finely chopped onion
2 cloves garlic, minced
14 cups cold water
1 lb. lean ground beef
6 oz. spaghetti noodles, broken to 1" pieces
Small pieces of white scallion for garnish

2 tsp salt
1 Tbsp. dill seeds
1 tsp ground black pepper
15 oz. tin tomato sauce
2 Tbsp. oil

Place lentils, onion and garlic in large soup pot and cover with cold water. Bring to a boil, then lower heat to simmer. Partially cover and cook over low heat for 2 hours. Stir frequently. Sauté meat in oil until well browned, about 10 minutes. When soup has cooked 2 hours, add salt, dill seed, pepper, tomato sauce and browned meat. Return to a simmer and cook 1 more hour. Add spaghetti pieces, mix well and cook 12-15 minutes more or until noodles are al dente. Ladle into bowls and garnish with chopped scallion. Serves 10-12.



Chicken Gumbo

The base can be made several days ahead and refrigerated or frozen until needed.

Gumbo Base:
2 lbs. fresh or frozen okra
2 onions, chopped
2 stalks celery, chopped
2 cloves garlic, minced
16 oz. tin whole Italian tomatoes
3 oz. tomato paste
Salt to taste
1/2 tsp. ground black pepper
1 Tbsp. Worcestershire sauce
1/4 tsp. Tabasco sauce

Chicken:
3 lb. chicken pieces
3 Tbsp. flour
Salt, pepper, garlic powder (to season flour)
3 Tbsp. parve margarine or oil
1 quart water
1 cup red wine
Salt and pepper to taste

Roux:
1 cup oil mixed with 1 cup flour

Gumbo Base: Preheat oven to 250°. Place all ingredients in heavy Dutch oven or covered casserole, mixing very well to dilute the tomato paste. Place in oven for 3 hours. Stir occasionally. Stir in salt, pepper, Worcestershire sauce and Tabasco sauce. Remove cover for last 30 minutes in oven. Set aside. Refrigerate or freeze if not using immediately.

Chicken: Mix seasonings with flour. Shake chicken in seasoned flour. Brown in heavy fry pan in margarine or oil until golden brown. Lift out and set aside. In 4 quart saucepan, bring 2 cups of water and wine to a boil. Drop in chicken pieces. Cook over medium heat until tender, about 45 minutes. Add roux and gumbo base mixture and blend well. Cook over medium-low heat for 30 minutes more. Season to taste. Serves 6-8.

Chavarot O.R.T. holds successful tea

By Eileen Bercovitch

On Sunday, October 25, Chavarot O.R.T. chapter of Ottawa held its annual Tea and Fashion Show at the home of Cheryl Dubrofsky. Cheryl and Lynn Shabinsky co-chaired this event.

Due to much hard work in presenting the elegant extravaganza of wine, food and fashions, our financial goals were surpassed. This was a group effort with each member adding her special touch in the areas of baked goods, decorations and donations of over 40 fabulous door prizes.

The clothes in the fashion show were courtesy of *Outskirts* in Bells Corners and *Marianne's Lingerie* in the Westgate Shopping Centre. They were modelled by Zahava Farber, Julie Fine, Karen Oster, Eileen Bercovitch, Selma Davis and Sylvia Pleet who represented the various O.R.T.



Cheryl Dubrofsky and Lynn Shabinsky

chapters of Ottawa. Lynn Shabinsky was the commentator and with the O.R.T. women mod-

elling beautiful fashions it was definitely not a show to be missed.

Carol Moskovitch, Executive Director Montreal Women's O.R.T., attended and brought greetings from the National President Lydia London and from Marla Silverman President Montreal Women's O.R.T., who regretted they were unable to attend.

Beverly Cogan-Gluzman, President Chavarot O.R.T., closed the event with warm wishes to all who attended and much gratitude to everyone for their support and generous contributions. They look forward to seeing everyone next year!

Hillel Academy Cookbook an Ideal Chanukah Gift

By Joy Mender

Judging by the wonderful response to Hillel Academy's new cookbook entitled *Everyday's A Holiday!* a sequel is guaranteed. This cookbook is the culmination of the considerable efforts of two of our community's renowned culinary chefs, Myra Aronson and Donna Karlin. Together, with the assistance of the Hillel Academy P.T.A. and other generous contributors, they have assembled recipes that are geared to our fast paced lives, are easy to prepare and will appeal to all. Chanukah is the time for gift giving. Why not give the perfect gift? For your copy of *Everyday's A Holiday!* contact: Donna Karlin 829-4566; Joy Mender 820-2213; Ellen Oserer 737-7525 or Myra Aronson 731-6306.

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Pesto Noodle Roll-Ups

Serves 6.

1 10-oz./284 g package or 6 cups/1.5 L loosely packed fresh spinach, with coarse stems removed
1/2 lb. low-fat Astro cottage cheese
1 cup freshly grated Parmesan cheese
1/2 cup grated part-skim mozzarella cheese
1/2 tsp. dried or 1 tsp. chopped fresh thyme

1/3 cup chopped fresh parsley
1/2 cup chopped green onion
1 egg yolk
Salt and freshly ground pepper to taste
12 lasagna noodles, cooked al dente
1/2 cup pesto
2 cups tomato sauce

Wash the spinach. Place in a large, heavy pot and steam in water that clings to the leaves until spinach is limp, about 30 seconds. Squeeze with your hands, reserving the liquid for use in vegetable stock. Chop the spinach.

Combine the spinach, cheeses, thyme, basil, parsley, green onion, egg yolk, salt, and pepper in a bowl. Stir to blend.

Divide the cheese mixture into 12 portions and spread evenly on each lasagna noodle. Roll up jelly roll style. Cut each roll in half with a serrated knife and place in a lightly oiled 12-cup/3-L ovenproof dish. Spoon the pesto onto each roll. Cover the dish and bake at 350°F/180°C for 20-30 minutes or until bubbly and heated through.

Cook the tomato sauce in a saucepan until heated through. Place four lasagna rolls on each plate on a pool of sauce or serve the sauce on the side.

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4	All-Day Instruction (age 7-15)**	\$210	\$60	\$110
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2. In person, at the JCC Program Office, 151 Chapel Street.
3. Deadline for Ski Program registration, December 31, 1992.
4. Rental measurements will be done on Monday, January 11, 1993, 7:00 p.m. at 881 Broadview Avenue, (Chapel). All skiers who need rentals should be present to ensure proper fit of boots and skis!

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Phone-in registration will NOT be accepted. The JCC reserves the right to limit registration based on programs or transportation restrictions. Ski tags and group information will be mailed to you in early January.

REFUND POLICY:

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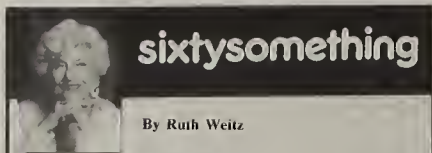
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sixtysomething

By Ruth Weitz

THE IMMIGRANTS

This is but one of many similar stories except this one is the story of three cousins of the Weitz family.

G was an engineer in Russia, a top man in the company he worked for. He considered himself well off. He had a three room apartment, a job, enough to eat, a working wife who taught school and a sixteen year old son.

One day he was invited to work on a project in East Germany that included attendance at the ceremony when the job was finished. The excited engineer had a new suit made for the occasion and his wife invited friends to a going-away-party.

A few days before he was to leave, a KGB man called him. "I am calling as a friend because I've known you personally for a long time and I like you. You will not be permitted to leave the country." G's hair stood on end as the man continued "You are Jewish and have relatives in Israel."

"How do you know that?"

"You correspond with them. That is in our file. The KGB knows everything about you. You must appreciate what a good friend I am and never tell anyone what I just told you. I would be out on my ear - or worse. I'm repeating to you. Russia will not let you out of the country."

While he and his wife were discussing the issue, their son took over. The young man qualified with top honors at the university but Russia denied him, a Jew, entrance to the school of his choice. He wanted to study aeronautic engineering but was told he must take structural engineering in the school they selected. Now he said to his parents "there is no future for me in Russia. I will never be able to do what I want to do. What I want now is for all of us to leave."

The parents were aghast. "We have it good here. Why should we leave? So study what they want." The response from their son was strong. "This is not freedom" he said. "I must be free to learn and do and be whatever I want. Listen, I don't want to leave you here. I want us to be together but if you will not consent to leave Russia I will. Without you if I have to."

He was an only child whom they loved "beyond their own life" and after much discussion the decision to leave together was made. There was no trouble because they were among the first wave of Jews that were allowed to leave Russia about 10 years ago.

For some time they had been harassed to sign an "oath of secrecy" but they kept stalling, knowing if they did sign they would be "lost in Russia" with no way ever to get out. Israel was the only country a Jew could emigrate to but this family had an uncle who had come to Canada a few years before. He had been pleading with them to join him in this "wonderful country". Their ultimate destination, therefore, was Canada but how to get there? They announced they were going to Israel. Through a very round-about-way and passing through several countries they made it.

Today they are living in Vancouver. The son graduated engineering school with honors, married a Canadian girl, has two sons of his own, a high house, a job and is grateful to Canada for his success and happiness.

The parents who thought they had everything they needed in Russia now know they had nothing. They have but one big regret. "That we didn't leave Russia years ago."



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Theology for Modern Jews

Rabbi Neil Gillman who is presently at the Jewish Theological Seminary (JTS) will be the guest speaker at Agudath Israel Congregation, 1400 Coldrey Avenue, December 11-12. Rabbi Gillman is the Aaron Rabinowitz and Simon H. Rifkind Associate Professor of Jewish Philosophy and is the author of *Sacred Fragments, Recovering Theology for the Modern Jew*.

Born in Quebec City and a graduate of McGill University, he has served as Dean of the Rabbinical School at JTS and was a member of the commission that produced Emet Ve-Emunah: The Statement of the Principles of Conservative Judaism.

In his opening address to be held on Friday, December 11 at 8 p.m., he will speak on "Revelation: What Really Happened at Sinai". On Saturday, he will present a sermon from the pulpit entitled "In What Sense Are We Commanded". He will conclude at 8 p.m. with the lecture "How Can a Modern Jew Speak of God?"

Rabbi Gillman is currently writing a book on the ideology of the Conservative Movement, in addition to continuing his research in theology and the anthropology of religion. The weekend promises to be a thought provoking event as Rabbi Gillman demonstrates his unique talent for engaging Jewish adults in theological exploration. Although there is no charge for these events, participants are asked to reserve with the Shul office at 728-3501.

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I Will Sing Life

By Reesa Aaron

When I was at camp two years after I got sick, I wrote this poem. I didn't realize when I wrote it that you could match it up with what happened to me when I got sick....

WHEN THE TREES FALL DOWN

By Adam Jed

When the tree falls down
On the ground and
Its heart speeds up
All that's left is
Memories and a very
Pretty cup.

In the cup are
Memories of storms
Times it was almost cut
Down and when it was
Young having fun with
Its parents.

When his cup of
Memories break
And its faith cracks
All that's left of it
Are very beautiful
Naps of thoughts.

Adam Jed was seven when he wrote this poem. He wore a T-shirt that said "Adam Jed Future Esquire" on it. He wanted to be the richest, most famous lawyer in the world when he grew up. He also wanted to "trade all the money in the world to have my legs and fingers back."

The 10-year-old Millbrook, N.Y. boy has a rare blood disease called meningococemia and lives with two prosthetic legs and badly deformed hands and arms. Writing poetry was something Jed learned from Dahlia Lithwick and Larry Berger at a special camp for sick kids called the Hole in the Wall Gang Camp in Ashford, Connecticut. Campers suffer from either cancer or serious blood diseases like leukemia, hemophilia or AIDS.

Lithwick, a 25-year-old Ottawa native, and Berger, a 24-year-old from Ithaca, N.Y., initiated the creative writing program at the camp. The two Yale graduates who majored in English were so touched by the children's work that they collected the thoughts and poetry of seven campers and shared their stories in a book called *I Will Sing Life—Voices from the Hole in the Wall Gang Camp* (Little, Brown, \$27.95).

All authors' royalties are ploughed back into the beloved camp, where the two authors have been counselors since 1988.

For all these sick children who 'Sing Life' at death's door, the

Hole in the Wall Gang Camp is the one place where they can laugh at the same things that make 'normal' kids laugh. As Lithwick explains it, "The camp is much more than a place where sick kids get to be normal. It is also the one place in their lives where it is normal to be sick. At camp they can stop explaining their illnesses, and start exploring the rest of their lives."

Camp is the brain-child of actor Paul Newman

The Hole in the Wall Gang Camp is the brain-child of actor Paul Newman. Built in 1988, Newman said he created the camp because of his intrigue with the concept of luck in life: "The chance of it, the benevolence of it in my life, and the brutality of it in the lives of others, made especially savage for children because they may not be allowed the good fortune of a lifetime to correct it."

Just a two-hour drive from Newman's residence in Westport, Connecticut the 300-acre camp is named after the hideout of Butch Cassidy and the Sundance Kid. Camp is free for all campers, in large part due to a starter fund of \$8 million from the profits of Newman's food company, Newman's Own, whose proceeds are distributed among various charities.

About 800 children aged seven to 17 usually stay for 10 days in one of four sessions from June to August. Additional sessions cater to the siblings of sick kids, children with immunological diseases such as AIDS and those with sickle cell anemia, a red blood cell disease.

The camp is fully equipped with boats, canoes, nature walks, a heated outdoor swimming pool, amphitheatre, snakes and a pig. Kids can try out sports, horseback riding, woodworking, music and theatre, arts and crafts and overnight camping.

The creative writing workshops, led by Lithwick and Berger, turned into a big hit with campers. The English majors were personally inspired by the how-to-teach-poetry-writing hooks of American poet and teacher Kenneth Koch. They taught the children that penning verse had more to do with metaphor and imagination than rigid rules and perfectionist spelling, vocabulary and rhyme.

Lithwick describes Newman, who is Jewish, as incredibly shy, almost awkward. He never gives interviews and when he is not playing a part, he shuns the spotlight. She says Newman is a joyful man "who knows how to have a good time and laugh like crazy." Newman is also very down-to-earth, says Lithwick, and he is great with children. He and his long-time wife, Joanne Woodward, have four of their own.

Lithwick says the book took about 1 1/2 years to get from the glimmer-in-the-eye stage to manuscript. It took about two years to finish the entire project.

She says that she and co-editor Berger learned a lot about publishing. She was pleased that such a fine publishing house as Little, Brown took on their project especially in light of the fact that tiny publishing houses rejected it. Little, Brown has published novels by well-known authors such as Alan Dershowitz and Gloria Steinem.

Creative writing workshops were a big hit

Lithwick, who is the daughter of Dr. Harvey and Yvonne Lithwick of Ottawa, credits her parents for giving her the inspiration to pursue this project. "Which came to consume me."

"My parents always taught me to go after your dreams," said Lithwick. "There was a number of months when I had to live completely on my own in a log cabin in the woods in the heart of



Dahlia Lithwick Photo courtesy of The Ottawa Citizen

the Poconos in Hawley, Pennsylvania. It was so remote that it was a half hour's drive to civilization and a milk store. It was the Bergers' (her co-author's parents) summer cottage. Sometimes I'd feel so isolated and lonely. I'd go squirrely. So I'd call my folks and they would always be encouraging and supportive. I wonder if other parents would be so understanding if their daughter was all alone in a log cabin in Pennsylvania, writing."

The book is written by the sick children

Lithwick is a woman who has already begun mastering the art of transforming compassion into action, of converting Jewish values into living monuments that are concrete and endure. Underneath her gracious and unassuming demeanor lurks an intelligence and a passion for justice that belies her tender age. This is a woman who started a Kosher soup kitchen at Yale "because there were so many homeless in New Haven." The Sunday night soup kitchen is still in place today. And there was Jennifer, the Jewish girl who was very sick and went to the Hole in the Wall Gang Camp. The girl came from a very secular home. She was very talented and a chapter was to be included on her in the book. When she died suddenly, there

was not enough material on her to keep her in the book, but she remained in Lithwick's prayers. Lithwick said Kaddish for the little girl for 30 days unbeknownst to the parents.

I Will Sing Life is special in that it is written by the sick children themselves, not by doctors or adults. Because these authors, these poets, dance on death's edge so often, they teach that age has nothing to do with maturity. Their poignant stories offer edification to so many of us because children who confront mortality become great teachers.

They have learned to seize life, to glorify it, to compress time into moments of passion, curiosity and understanding. With piercing candor and eloquence, they describe what it is like living with cancer or sickle cell anemia and trying to keep up with daily schoolwork in the midst of radiation, chemotherapy and surgery. They talk about their families and the importance of friends. They share their contemplations about God and struggles with their own personal faith. *I Will Sing Life* is their celebration.

Corey Syvien was one of the seven children selected to have a chapter written on him in the book. He died before the book made it to press but he had the guiding principle of the project pretty well summed up. "The imagination is even more powerful than a tumor. A tumor can grow in certain ways...But the imagination grows wonders."

The reader will be struck by the intensity of the lives these children experience, amazed at the toughness of their perception, and humbled by their forgiveness. *I Will Sing Life* is a resounding, joyful tribute to life, a beckoning and a challenge to us all.

Dahlia Lithwick is currently studying law at Stanford University and plans to become a children's health advocate. Larry Berger is currently a Rhodes Scholar at Oxford University.

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KID LIT

by Deanna Silverman

Sparse, Sparkling, Super!

Alphabet books and counting books have universal appeal. In my opinion, the more the better and the more varied the better because each new alphabet and counting book exposes preschoolers to a new, somewhat different, view of reality. The very best also expose kids, in a natural way, to different modes of learning.

What is delightfully amazing about the three books listed below is the exuberance of their creative concepts, sparse texts, and sparkling illustrations. These are books youngsters will return to again and again.

alef-bet

A Hebrew Alphabet Book

By Michelle Edwards
Lothrop, Lee & Shepard Books
1992
Unpaged Ages 3-7

A Jewish Holiday A.B.C.

By Malka Drucker
Illustrated by Rita Pocock
Harcourt, Brace, Jovanovich,
Publishers 1992
Unpaged Ages 3-7

Ten Good Rules

By Susan Remick Topek
Illustrated by Rosalyn Schanzer
Kar-Ben Copies, Inc. 1991
Unpaged Ages 3-6

If Olympic medals were given for Hebrew alphabet books, *alef-bet* would rank so far ahead of its competitors it would win gold, silver and bronze.

The differences between it and most other Hebrew alphabet books are many, major and magnificently creative. Exactly what I expect from the author-illustrator who made chicken feathers look appealing (*Chicken Man*, reviewed January 10/92).

Edwards' style of writing is pictorial. Her pictures, celebrating everyday life, nature and play, are colorful, vital, full of detailed, creative fun. Each two-

page spread has an everyday family theme that tells added, unwritten stories. Ask your kids what's happening in the picture, what came before and will come after to see what I mean.

Edwards is to be especially complimented for her beginning note that describes a history for her fictional family, for including a handicapped older brother as a full participant in the action, and a black playmate who appears naturally in an outdoor scene.

Although all the Hebrew words are transliterated, the book thoughtfully includes a concise guide to the Hebrew alphabet. And herein lies my one complaint. Because the vowel markings are used in the text, their names and sounds should also have been listed in this guide. A minor flaw in a book that is, quite simply, a treasure.

A *Jewish Holiday A.B.C.* introduces kids to 11 Jewish holidays by associating a key symbol of each holiday with the English alphabet.

Malka Drucker's word choices are a merry mishmash of English, Hebrew and Yiddish words that most of us use in everyday conversation. Happily she doesn't always choose the expected word for each letter. "B," for example, begins "bow" and is associated with Lag B'omer.

An action sentence illustrates each word, and that's where the fun begins. Rachel and her siblings, Raffy, Minnie and Morris joyfully romp through the holidays, acting out each sentence.

Rita Pocock's colored pencil collages are vibrant. Don't be surprised if your child wants to join in.

For adults who need guidance, Drucker includes informative notes on each holiday and a glossary of holiday terms.

Ten Good Rules is a super creative, non-traditional introduc-

tion to the Ten Commandments, using a finger-counting format. It's a major contribution to Jewish KidLit, brilliantly filling a gap with style, verve, charm and inclusiveness.

In less than 120 words, Susan Remick Topek sets the scene, mentions a purpose for the rules, and states each one clearly. She wisely recasts some of the laws to use words and ideas young children can understand and relate to their own experience.

Good as the text is, the real joy of the book lies in its direct me-to-you layout and illustrations. They are vibrant, functional and encourage reader participation. Basic to the illustrative concept is the notion of connecting the real child, through his/her hands and fingers, with God, Moses and the Ten Commandments.

For the pre-school set, a three book tour de force! P.S. Some readers have asked why my August 28th column reappeared in the October 9th issue. That occurred because one page of August 28th copy was somehow omitted, resulting in the disappearance of write-ups on The Jewish Youth Library and Temple Israel Library. By way of apology, and to show those libraries in context, the full column as written was printed in the October 9th issue.

There's also an addendum to that column. The local Jewish KidLit book-buying scene has improved. I recently visited *For All Occasion Judaica*. This gift shop has a three shelf selection of alphabet books, storybooks, picture books, activity books, holiday books and some chapter books, including the popular Savta Simcha series.

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Great craft ideas for the kids

By Joy Moskovic

Want to give the kids something different for Chanukah? Don't know what to bring the hostess who has everything?

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Jewish fortune cookies are a great way to bring a little humour to your Shabbat or holiday hostess. They're \$8.00 a box, and other themes and occasions can be ordered.

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Illustration from: alef-bet A Hebrew Alphabet Book

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A Man with a Mission

Sam Firestone is literally "a man with a mission."

As an incoming chair for the 1994 UJA campaign, which confusingly but traditionally starts in 1993, one of his tasks is to lead the annual community leadership mission to Israel.

Being a man of boundless energy, Sam has taken on this task with his usual enthusiasm, and a deep desire to make it a mission like no other: fun, top-notch, exciting, interesting, full of impact and, most importantly, a trip that will bind all participants and inspire them to work for the Jewish community here and in Israel.



Sam Firestone

The choice of destination, three days in Turkey, followed by seven full days in Israel, departs from the format of past missions which took participants first to the sites of Jewish suffering and martyrdom - Poland, or to the country where they were reluctantly hosted - Russia.

Turkey, for the past five centuries has been a haven to Jews. In fact when the Sephardi Jews were evicted from Spain, it was the Turkish Sultan, Beyezid II, who sent ships to transport close to a hundred thousand of Spanish Jews to Turkey. A special declaration welcomed them to the country and assisted them in their resettlement.

In Turkey the group will visit Istanbul's historic district, take a boat ride on the Bosphorus, visit the Spice Market and Bazaars, as well as the Jewish sites. Meetings with the local Jewish community and dignitaries are also planned. In Israel, the visit will include extensive touring of Tel Aviv, Netanya, where our Project Renewal community will once again be one of the most emotionally touching points of the trip, Massada, Eilat, Beer Sheva. The trip will culminate in Jerusalem in time to participate in the Yom Ha'Atzmaut celebrations of Israel's 45th birthday.

Needless to say, all five-star arrangements will be looked after, excellent programming organized, the best scholars and guides booked. Many special events are planned: jeep rides in the desert, a special concert of the Israeli Philharmonic, a gun-boat ride, a visit to the economic incubator. A chance to witness first hand the miracles of present-day Israel will be one of the prime objectives of the mission. Most importantly though, the mission will serve to form new friendships or to cement the old ones, to learn and to study together, and to see Israel, in a way that one might never have a chance to see as a tourist.

Anyone interested in joining Sam and his wife Susan on this special trip should call him at 725-3366 or contact UJA Director, Pauline Pankowski at 232-7306.



ALEX KARVASARSKY, a 30-year-old computer engineer from Kishinev in Moldova, did not believe he would find work in his field when he immigrated to Israel. Thanks to Operation Exodus, Alex is now employed by one of Israel's major banks in its computer center.

Bank Leumi L'Israel recently hired Alex and 25 other new immigrants from the C.I.S. after they graduated from the bank's three-month course, which had been initiated by the Jewish Agency and jointly sponsored by the Israeli Government to create jobs for newcomers.



MEIR BARAVIK, a 53-year-old immigrant from Tashkent, Uzbekistan, is an engineer with a distinguished career as a factory manager. After five months of ulpan (Hebrew classes), and no job offers, Operation Exodus helped him launch his own textile-printing business in Jerusalem.

Meir received a loan from the Jerusalem Business Development



Center (JBDC), established under a grant from the UJA-Federation of Jewish Philanthropies of New York, through the Jewish Agency's Operation Opportunity. He is now equipped to produce 3,000 silk-screened T-shirts, purses or fabric swatches per day.

GALIA DADIDMOV, 33, was an instructor at the Computer Center of the Port Authority in St. Petersburg, but when she immigrated to Israel, she found that techniques differed greatly



there from those she had known in Russia. Fortunately, Operation Exodus came to her aid, and she is now working for a computer firm in Tel Aviv.

Galia was one of 26 computer professionals from the C.I.S. who were retrained by the Digital Corporation in Israel in a course funded by the Jewish Agency and the American Jewish Joint Distribution Committee.



IGOR LINER, from Irkutsk in Siberia, worked as an artist in a movie studio, where he specialized in animated cartoons for educational films.

"When I first came to Israel," Igor recalls, "I was told that there would be no outlet for my skills. That was very depressing news." But Operation Exodus lent a hand, and now he and 25 other newcomers from the former Soviet Union are producing animated movies for export to the U.S. and Australia at the Bet Shemesh College of Technology, supported by the Jewish Agency, the Government of Israel and the Bet Shemesh Municipality.



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Thank you to all the SuperSunday Volunteers Who Came and Helped Out on November 1, 1992

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Cindy Field Rose and her dedicated group of babysitters deserve our gratitude (their names will be published in the next Bulletin).

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list of phone sponsors in the last issue.
Our apologies!



By Eric Vernon
Director of Legislative Analysis
Canadian Jewish Congress

Congress in Brief



David Irving — good riddance

Friday the 13th proved unlucky for British pseudo-historian David Irving. On November 13, 1992 Canadian immigration authorities announced that Irving was to be deported from Canada and he was whisked to Toronto International Airport for a flight back to his native England.

David Irving, of course, is an amateur historian and Holocaust denier who claims, among other things, that the Polish government built the ovens at Auschwitz after the Second World War as a tourist attraction. Irving has also disputed the numbers murdered in the Holocaust as "grossly exaggerated"; equated allied strategic bombing during the War with Nazi war crimes; argued that women have a fraction of the brain capacity of men; and advocated the removal of British blacks to Africa.

convicted in Germany
of "insulting the
memory of the dead"
through his Holocaust
denial statements

He has been condemned in a resolution of the British Parliament, barred from entering certain countries and convicted in Germany of "insulting the memory of the dead" through his Holocaust denial statements. It was as a result of this conviction that Canada elected to ban him from entering as well, a move which Canadian Jewish Congress advocated in its sensitization efforts with the Immigration Department and its Minister, the Hon. Bernard Valcourt.

Now, as you are probably aware, Irving defied the immigra-

tion ban and entered Canada under false pretences. He made his way to Victoria where he was arrested and served with a departure notice to leave Canada within 48 hours. What followed was a somewhat confusing and frustrating episode. Irving purports to have obeyed the notice by trying to enter the United States after delivering an address in Toronto. Having been denied admission to the United States, however, he remained in Canada in defiance of the notice and deportation proceedings were launched.

You may be interested to know that Irving had announced plans to come to Ottawa if his deportation adjudication had gone in his favour. The Vaad's Community Relations Committee did an excellent job in drafting a communique denouncing Irving and his proposed visit and securing the endorsement for this message of several organizations dedicated to human rights and combating racism, as well as numerous politicians at all levels of government. Fortunately, the statement did not have to be released.

I say fortunately from our perspective, because we were spared the vitriol and hate that underlie David Irving's speeches and writings. Still, we should not lose sight of the fact that support exists in Canada for Irving and his ilk; support for his reprehensible views among anti-Semites, fellow travellers and racist neo-Nazi skinheads and others, as well as support for his right to enter Canada and deliver his messages, no matter how hateful.

To their credit, the media generally did a good job reporting l'affaire Irving this time around, with headlines tending to identify him as "Hate Author" and "Holocaust Denier", rather than "Historian" or "Revisionist", which lend him the cachet of academic credibility and respectability. On the other hand, certain editorials on the subject, including those in the *Citizen* and the *Globe and Mail*, weighed in on the side of free speech and alleged violation of the Charter of Rights and Freedoms. The *Citizen*, for example, called baring Irving, "back-door censorship" while the *Globe* made

veiled references to the *fatwah* imposed by Iran against Salman Rushdie.

It is perhaps not too surprising to see editorialists support freedom of expression, nor some of the members of academia who wrote letters to the editor endorsing this position. The argument is based on the classic philosophy of "liberalism", echoed in contemporary society as civil libertarianism. It is suggested that the measuring stick of a liberal, democratic society is the extent to which the state unfetters personal freedoms which do not directly impinge upon national, or communal security as narrowly understood. Thus, sedition and libel, for example, are acceptable limitations on free speech.

Free speech, it is argued, is designed to protect speech we hate since the innocuous, or socially acceptable, varieties need no succour. Open, democratic societies foster a "marketplace of ideas", an intellectual bazaar where ideas and philosophies are hawked, and from whence the truth will out in the process of reasoned, dispassionate discourse. Caveat emptor.

free speech should not
become a cloak for the
dissemination of ideas
which spread hate

The alternative perspective starts from the proposition that democracies have an intrinsic right to place minimal limits on free speech in the interest of communal security, but rely upon a more expansive interpretation of the community's interest. It accepts the notion that certain kinds of speech, by their very nature, are inimical to the well-being of a democratic society because of the fundamental threat posed to social harmony and the very essence of democratic freedoms itself. In other words, free speech should not become a cloak for the dissemination of ideas which spread hatred, vilify vulnerable minorities, and generally represent the antithesis of democratic social

and political ideals. Canada's own Charter allows guaranteed rights to be overridden if the limits imposed are, "reasonable limits prescribed by law as can be demonstrably justified in a free and democratic society."

The immediate case of David Irving's deportation revolved around his running afoul of Canada's immigration laws. Notwithstanding the fact that he managed to sneak into Canada, the key to this whole episode is that the government of Canada recognized the threat he posed to social harmony and banned his entry in the first place.

The *Globe's* editorial states that Irving's views are "bad history", and "a shameful disregard for the feelings of others". The Auschwitz-as-postwar-tourist-attraction notion is "an evil, hurtful...nothing more."

It is, in fact, much, much more. It is an appalling affront not only to the Jewish community of Canada, particularly the Holocaust survivors among us, but to Canada's veterans who fought and died to rid the world of Nazism; women; visible minorities; and all decent Canadians who are fed up with messages of hate and vilification. Irving's presence in this country is an out-

rage against the ideals of tolerance, compassion and respect which, in spite of disturbing incidents, remain the hallmarks of Canada's multicultural society. His message is incompatible with those ideals and embolden the fringe in this country who would promote racism and discrimination.

Some say we should ignore the David Irving in our midst, to keep them in the obscurity they so richly deserve and deny them the publicity they so cravenly seek. Others argue that such silence implies acquiescence or condones the message. They say the best bet is to pour light into the dark corners of hatred and bigotry to hold their purveyors up to public scrutiny and condemnation. You pays your money and you takes your choice.

Personally, I support the latter approach. There are laws in Canada — the anti-bate law, national and provincial Human Rights Acts, immigration restrictions, and such — which are available remedies against hate-mongers and we should urge governments to implement these laws as necessary. Seeing David Irving escorted in handcuffs to Toronto International made my day. Good riddance.

How long should a counseling program last?

For many people, the word "counseling" suggests a very mysterious relationship, uncertain both in purpose and duration.

But the fact is, professional counseling is one of the least ambiguous relationships a person can enter, and some of the first decisions you and your counselor will make will concern the specific results you'd like to achieve, the approximate length of the program, its methods and its costs.

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6:00 - 6:30 am	17545
9:00 - 9:25 am (except Fri/Sat)	15640 11603 17575 11587
1:00 - 1:15 pm	7465 11587
3:00 - 3:30 pm	7465 11587
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The Sephardi Association of Ottawa and
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marking this year the closing of Sephard 92.

Saturday, December 5, 1992 7:30 p.m.

Main Auditorium, Jewish Community Centre
151 Chapel Street

featuring Sephardi music with live band,
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An evening of cultural exchange, food, fun and dancing

Tickets: \$20.00 per person

Tickets on sale at synagogues, JCC (Chapel),
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Over Eight Thousand Students attend Ben Gurion University

More than 8,100 students will be attending Ben-Gurion University in the 1992-93 academic year which commenced on November 1st, a rise of eight per cent over last year. Among them are two hundred new immigrants, who will bring the number of immigrant students up to 950.

The University plans to absorb about 50 new faculty members to meet the needs of the growing student population.

Some 320 young men and

women are enrolled in the University's Pre-Academic Course (mekhina). Most of them are veteran Israelis who recently completed their military service; 45 are recent immigrants; nine are young Ethiopians.

Over 2,000 students will be living in University dormitories or subsidized housing off-campus. In the Nahal Beka neighbourhood, close to 200 students will be housed in low-rent homes in return for organizing social activities among the new immigrants

from Ethiopia and the former Soviet Union.

Some 200 immigrant scientists are now working at BGU within the framework of various programs initiated by the Ministry of Science and Technology and the Ministry of Absorption. In 1991-92, new immigrant researchers at BGU received eight out of the 25 prestigious Guastalla three-year fellowships awarded each year by the Rashi Foundation. Two immigrant scientists from the former Soviet Union received impressive five-year grants from the Doron Foundation.

A successful rescue from Sarajevo

ZAGREB, Croatia, (JTA) — The success of the American Jewish Joint Distribution Committee's (JDC) daring rescue of 350 Sarajevo residents on November 14 has left people here asking, "How did they do it?"

The evacuation of 350 Jewish, Moslem, Serbian and Croatian refugees was the eighth such mission carried out by the JDC.

Securing permission for the convoy of rescue vehicles to enter - and more importantly to exit - Sarajevo was no easy task as permission was needed from all sides of the conflict.

After a sometimes harrowing 22 hour trip, the buses reached safety when they crossed into Croatia. The local police then escorted the convoy, the lead bus sporting the blue and white flag of the JDC, into Split.

Having watched highlights of the operation on the evening news, the locals are eager to learn "the secret." Far from resentful that a Jewish organization succeeded where other relief organizations have failed, former residents of Sarajevo would like to emulate the JDC's actions.

Despite the ethnic fighting that shakes Sarajevo on a daily basis, the JDC, in cooperation with the Sarajevo Jewish community, has successfully carried out eight separate evacuations. An airlift of the elderly is also under consideration.

This high rate of success can be attributed to several factors, said Jakob Bienenfeld, a local businessman who helped coordinate the evacuation efforts.

"The most important factor is the good relations the Jews of Sarajevo share with all other ethnic groups," he said. "We have lived together for generations. Neither Moslems, nor Serbs, nor Croats would intentionally harm a Jew."

Another advantage is the JDC's close ties with the Jewish community in Sarajevo. Unlike the Red Cross and the United Nations High Commissioner for Refugees, which often rely on information from refugees who have escaped Sarajevo, the JDC is in daily phone or radio contact with those still in the city.

"We know the situation minute-by-minute because we are in touch with the people inside," Bienenfeld said.

He also pointed out that "all of the JDC's efforts here are non-sectarian and funded by both Jews and non-Jews."

In Sarajevo, he added, "you can't help one without helping the other."

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Important Information For Parents

In January 1993, the new Child Tax Benefit begins.

What is it?

The Child Tax Benefit combines the existing Family Allowances and tax credits for children into a new tax free, monthly payment. It also includes a new supplement for low income working families.

The benefit provides more money for children — \$2.1 billion more, over five years — and targets money to those families who need it. In fact, most families will receive more money than they do now.

What are the improvements?

The benefit is fairer and simpler. It is designed with a very important goal in mind — to ensure that the money reaches the families who need it, as quickly as possible.

- The monthly payments are tax free.
- Because benefits are delivered each month, parents no longer

have to wait until the end of the year to claim child tax credits.

- There is no need to make annual applications — benefits are automatically calculated from the tax returns you file each year.
- Benefits can be adjusted quickly when there is a change in your family, such as the birth of a child.

What do I have to do?

Watch your mailbox.

A special information package is being sent to people who currently receive Family Allowances. Please read it carefully. It tells you how the benefit is calculated and how much you will receive if your family qualifies.

If you have not received your information package by the end of November, please call this toll-free number: 1-800-387-1193. (For service in French, 1-800-387-1194).

In January the new monthly benefits will begin.

Please remember to file your 1992 income tax return to continue to qualify for the Child Tax Benefit.

The Brighter Futures Initiative.

As part of the Federal Government's Brighter Futures Initiative, the new Child Tax Benefit is an important step toward providing a brighter future for our children.

By working together, we ensure that every Canadian child looks forward to a brighter future.



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Canada

A developmentally handicapped child

Reflections of a parent of a Tamir Resident

As (our son) reached 18, we realized that we had to consider long-term future plans in fairness to him, ourselves and other members of our family.

By Lily Penso

Being the parent of a developmentally handicapped young adult is no easy task and, as is the case with raising *normal* children into adulthood, we all want to give them the best life has to offer. My husband and I were always grateful that our son, Michael, obtained the best possible schooling through Special

Education classes; went to social programs offered through various city organizations and the Ottawa and District Association for the Mentally Retarded; and attended specialized summer camps. But as he reached the age of 18, we realized that we had to consider long-term future plans in fairness to him, ourselves, and other members of our family. The waiting list in Ottawa for group

homes was lengthy and, of course, would not offer the meaningful Jewish environment in which Michael was comfortable. We quickly discounted placing him in Toronto where he could live in such a setting as we would lose close contact with him.

Our next option was studying the Ottawa situation. In 1980, a group of interested parents, with

the guidance of Jacquelin Holzman, who was then with the Social Planning Council, and Elaine Rabin of Jewish Social Services, decided to take the plunge and open our own facility. After five years of persistent hard work on the part of dedicated Tamir Board members, permission was obtained from the Department of Community and Social Services, and our first home was opened. Our original three residents flourished, became good friends, and gained a strong sense of self-worth and independence.

The next exciting step in Tamir's development took place in September of this year. Two young men from the Rideau Regional Centre in Smiths Falls joined the two current residents and moved to a new larger City Living Town House. This move was made possible by a long-awaited contribution from COM-SOC (Community of Social Services). We are thankful to Mark Palmer, our Executive Director, for supervising the more intensified staffing that is now necessary. In addition, two of Tamir's residents have graduated to living in a nearby apartment with minimal supervision. This has been a significant step in the lives of these two men.

At Tamir each client is on a personalized program, receives the necessary professional assistance, and at the same time learns daily life skills. They attend either a school program or a sheltered workshop daily, and enjoy leisure activities such as bowling, movies and sports events. Shabbat is the highlight of their week both at home and at Synagogue, as well as the observance of all Jewish holidays. Families and Board members remember fondly attending Succot and Chanukah parties held at Tamir. They have spent wonderful summer vacations during the past two years at a cottage in the Perth area and in the Laurentians, as well as taking trips to Toronto, Montreal and New York City. Who would have imagined that all of this would be possible 11 years ago, and to see how each of our special young people have matured.

On behalf of the parents and families, I wish to thank past and present Tamir Board members, the Jewish Community Council, the caring exceptional staff, the compassionate past Executive Directors, and most especially our present Executive Director, Mark Palmer. Last but not least, a heartfelt thank you to our wonderful Jewish community for their ongoing support.

Please join us at the annual meeting of the Tamir Foundation which will be held on Tuesday, December 1, 1992, at 7:30 p.m. at the Jewish Community Centre, 151 Chapel Street. There will be the election of officers, a guest speaker and a slide presentation.

**Graduation?
Engagement?
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Tamir is a non-profit corporation, organized to provide safe, supervised housing for developmentally handicapped adults in a Jewish environment.

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Pam and Sandy Allen on their anniversary by Eric Weiner and Arlene Godfrey
Lily and Willie Aronoff on their 50th wedding anniversary by Irene and Lee Waxman and Sandy, Gerry, Chad and Rian Bayne
Fanny Budovitch on her special birthday by Irene and Lee Waxman, and Sandy, Gerry, Chad and Rian Bayne
Jonathan Cohen on receiving Masters Degree from Ottawa University in Health Administration by Harris Plect
Mr. and Mrs. Moshe Feig on birth of grandson by Chick and Rose Taylor
Claire Fogel on her special birthday by Irene and Bob Stein
Martin Ginsburg on his birthday by Brenda and George Wolf
Chief Justice Allan B. Gold on his 75th birthday by Jacob Finkelman
Sadie and Sid Goldreich on birth of granddaughter by Doris and Joe Hoffman
Doris Hoffman on her birthday by Sandra, Eli and Aaron Hoffman and by Mary and Len Potechin
Doris and Joe Hoffman on their anniversary by Sandra, Eli and Aaron Hoffman and by Mary and Len Potechin
Mr. and Mrs. Eli Hoffman on their anniversary by Joe and Doris Hoffman
Roz and Nordau Kanigsherg on their 25th anniversary by Maggie, Bob, Esther and Matthew Lederman
Joe Kardish, Toronto, on his 85th birthday by Jerry and Lily Penso
Dr. Archie Kassirer on Mark's marriage by Rickie and Joe Loomer
Bernice and Isaac Kerzner on birth of grandson by Jack and Joyce Steinberg
Bea and Moe Lesser on their 50th anniversary by Bertha Borts; by Dora and Paul Eisenberger and by Marion and Myer Vexler
Claire Metrick on her birthday by Jerry and Lily Penso
Jay Nathanson on his wonderful achievement and thank you by Maggie, Bob, Esther and Matthew Lederman
Lily Penso on her 60th birthday by Leah Finkelstein and by Sylvia and Morton Plect
Sylvia and Morton Plect on their 40th anniversary by Raye and Sydney Singerman
Ruth Weinberg on her birthday by Martin and Thea Ginsburg
Lilyan and Horace Philipp on latest addition to their family by the Leiths
Frances and Albert Safianoff on their special anniversary by Mrs. Alfred Appel and Family
Dr. Ron Vexler on completion of 15 years of practice in cardiology by Roz and Nordau Kanigsherg

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Sister of Fay Denenberg by Morton, Sheila, Stephanie and Harland Tanner
Pauline Friedman by George and Tybe Marcus
Belle Goldberg by Bess Farber; by Stanley Farber; by Roz and Nordau Kanigsherg; by Maggie Lederman and Family; by Judy and Murray Lief; by Mark Palmer and Family; by Jacques and Donna Shore
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Second in a series

Stress management: More than Meets the Eye

By Dr. Gerald Pulvermacher

In our quest to find quick cures to alleviate stress, various gurus have endorsed such remedies as massive doses of vitamins, massage therapy, hypnosis, diet modification, time management, biofeedback, meditation, smoking cessation, alcohol reduction and frequent vacations. Each of these strategies has a meaningful role to play in reducing the symptoms of stress. Do they, however, address some of the underlying factors which render an individual more susceptible to stress in the first place?

Consider, for example, the person who is prone to measuring his/her self-worth as a function of productivity and accomplishments. For these people, even their style of exercise becomes another expression of their attempt to prove their adequacy; these are the type of people who, after a poor game of golf feel in worse shape than before they went on the course and, initially, they were golfing to alleviate their stress. In other words, no matter what activity they engage in, they set themselves up for undue levels of stress because every activity is used as a way of measuring their adequacy and worth. These are the perfectionists. These are people who eventually burn themselves out.

Then there are these people who are the worry-warts. They seem to have a high investment in seeing problems where problems don't exist. They lament about the past, worry about the future, perhaps their worst time in life is when all is going well because they can just imagine some form of doom or gloom over the horizon. They have the uncanny ability to take a good situation and turn it into bad, and a difficult situation and make it even worse. It is as if they believe that worrying acts as an insurance policy to protect them from being unprepared to handle a potentially difficult situation, when in fact, even if such a situation were to arise, they would handle it no differently. Indeed,

Are you able to remember what you were worrying about exactly one year ago today?

all their worrying serves to accomplish is to cause them levels of stress which are unreasonable and unnecessary. Are you able, for example, to remember what you were worrying about exactly one year ago today? The paradox, of course, is that what we worry about almost never happens, and, even if it did, you would be forced to handle it precisely the same way as if you did not worry.

When I first participated in the development of the group fear of flying programs in the mid-70s, I was often asked which were the most common phobias. To the surprise of most people, it is not the fear of heights, dentists, blood, injections, public speaking, harmless animals, enclosed

spaces and so on. The most common human fear is the fear of failure and its kissing cousin, the fear of rejection. Most of us could not care less if we go to the party, but we are sure as heck unhappy if we're not invited. So unless you come to terms with the fact that no matter how hard you try, some people will not accept you; others will find reason to criticize you; and you constantly run the risk of failure, you will undoubtedly experience stress where others will not. And by the way, all the jogging in the world is not going to help you with this situation!

Finally, we come to a subject close to my "heart", type-A behavior. These are the hard

driving, competitive, highly job involved, time urgent, impatient people who can add as much as 30% to their risk of heart disease. For them, standing in line at the check out of a supermarket, waiting for an elevator, being on a delayed flight, waiting for a spouse or children, and being in a traffic jam is enough to give them palpitations. It is no wonder that at the turn of the century fewer than 5% of people died prematurely due to heart disease; now, the figure is closer to 50%. Our bodies were not built to withstand the constant sense of threat we imagine, even when that threat does not exist! Other than in our minds, of course.

I recommend, therefore, that in addition to exercise programs, modification of eating habits, relaxation techniques, smoking cessation and reduced alcohol consumption, you consider the following approaches to stress management:

Dr. Pulvermacher is a psychologist practising in Ottawa

1. re-examine your unrealistically high standards and expectations;
2. don't gauge yourself based on the achievement of goals - you are allowed to like yourself, and others, even if goals are not always attained;
3. remember that worrying is a waste of precious time - accept the fact that events are more often than not beyond your control and you have to adjust as the picture unfolds;
4. no matter how hard you try, some people will not accept you; besides, you don't like everyone you meet either;
5. re-evaluate your "hurry sickness", consider that doing things faster does not mean you do it better (ironically, the higher up you go in organizations, the more type B's you will find; does that tell you something?)

Keep in mind that, for the most part, stress is self-induced. Therefore, you have the power to control your own stress!

Mamme Loshen Chevra screens *A wedding in Shtetl*

By Estelle Backman

On Sunday evening, December 6, the Mamme Loshen Chevra will show the video of the famous Yiddish Hassidic musical comedy, *A Wedding in Shtetl*, starring Mike Burstyn and his mother, Lilian Lux. Mike Burstyn appears on camera at the beginning of the video and gives a brief synopsis of the plot in English, explaining the action to follow.

This production, which was taped in Israel before a live audience at the Jerusalem Theatre,

dramatizes the plight of Yossele the rabbi's son, who becomes a Yiddish actor and is subsequently banished from his home on the eve of his wedding to his beloved Faygele.

A singsong will follow the screening of the video. Appropriately, old familiar wedding songs such as "Di Mesinke Oysgegebn" will be sung.

This program will take place at 8:00 in the library of the Jewish Community Centre, 151 Chapel St. Admission is \$3.00. Light refreshments will be served and all are welcome.

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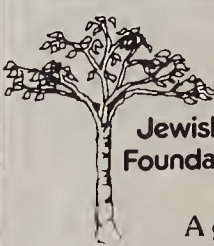
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**TOM AND MIRIAM
BORDELAY
MEMORIAL FUND**
In observance of the Yartzheit of my dear husband Issie by Shirley Kardish.

In memory of Jennie and Morris Baylin by Shirley Kardish.
In memory of my dear parents Tom and Miriam Bordelay by Shirley Kardish.

**ELIEZER MENACHEM
BULKA FUND**
Mazal Tov to Rabbi and Mrs. Reuven P. Bulka on their 25th wedding anniversary by Bessie Applebaum.

**ARTHUR AND LINDA
COGAN
FUND FOR YOUNG
WOMEN'S
LEADERSHIP COUNCIL**
Best wishes to Arthur and Linda Cogan on their 25th wedding anniversary by Michael and Cayla Baylin; by Fran and Stan Ages; by Marilyn and Allan Wilson; by Dorothy and Herb Nadolny; by Cally and Sid Kardash; by Sandy and Marvin Granatstein; by Sunny, John, Robyn, Lesley and Ross Tavel; by Pat and Rinaldo; by Sandy and Eddy Cook; and by Ricki and Barry Baker, David, Jonathan and Alex.

**ISRAEL AND POLLY
COHEN FUND**
In memory of Israel Cohen by Sandy and Moe Segal; and by Jeanette and Ken Radnoff.
Congratulations to Dr. Bernard Dolansky on assuming the Presidency of the Canadian Dental Association by Anna and Ronny Cantor and family.
In memory of Sidney Weingarten by Anna and Ronny Cantor and family.
In memory of Grete Cohen by Anna and Ronny Cantor and family; and by Shirley and Al Cohen.
In memory of Sophie Cohen by Anna and Ronny Cantor and family.

**MAX AND GRETE
COHEN
MEMORIAL FUND**
In memory of Grete Cohen by Gladys, John and Melissa Greenberg; by Bella and Harry Leikin; by Edna and Saul Goldfarb; by Sonia Kizell; by Bert and Kathryn Palmer; by Abe and Bertha Palmer; by Malca and Chuck Polowin; by Anita and Herb Saslove; by F.L. Bertrand; by Beverley Chodikoff; by Frances and Julie Cogan; by Mary C. Smith; by Jeanette and Ken Radnoff; by Anne Mirsky; by Herb and Dorothy Nadolny; by Vivian and Pete Caplan; by Darlene Campbell, Lorne and Ken; by Roslyn Grant Watson;

by Ruth, Chuck, Robert and David Dixer; by Sandy and Moe Segal; by Price Waterhouse; by Sally and Elliott Levitan; by Roz and Stan Labow; by Allied Furniture Distributors of Canada; by Carol and Lorry Greenberg and family; by Goldie and Albert Rivers; by Don and Pat Breedon (Regional Home Services); by Roslyna and Sam Gershon; by Sandy and Marvin Granatstein; by Laura Greenberg; by Sophie Ladas; by Catherine Haza; by Ronald D. Grant; by Carole and Wally Cherun; by Sam and Dora Litwack; by Judy Litwack-Goldman and David Goldman; by Sibyl and Laz Mirsky; by Arnold Silber; by Edith and Dan Monson; by Marje and Ben Achbar; by Elissa and Avraham Iny; and by Marcia and Harold Sachs.

**BENJAMIN AND FREDA
FEINSTEIN FUND**
In observance of the Yartzheit of our dear mother Freda Feinstein by Ruth Aaron; Abraham Feinstein; and Miriam Levitin.

**HARRY FINE
MEMORIAL FUND**
In memory of Grete Cohen by Sara and Hugh Shabsove.

**STAN AND LIBBY
GLUBE FAMILY FUND**
Best wishes to Ronnie and David Gavie on their 25th wedding anniversary and good luck in their new positions by Libby and Stan Glube.
In memory of Grete Cohen by Libby and Stan Glube.

**GEORGE AND MARY
GOLDBERG FUND**
Best wishes to Eva and Bill Senman on their golden anniversary by Mary Goldberg.

**IBOLYA AND HOWARD
GOLDBERG
FAMILY FUND**
Best wishes to Shimmy Wenner for a speedy recovery by Ibolya, Howard and Julia Goldberg.

**SAUL AND EDNA
GOLDFARB FUND**
Best wishes to Edna and Saul Goldfarb for continued good health by Sarah and Milton Shaffer.

**EVA, DIANE AND JACK
GOLDFELD
MEMORIAL FUND**
Mazal Tov to Rabbi Arnold Fine on being honoured by J.N.F. for 1992 by Morley Goldfield and family.

**MENDEL AND VALERIE
GOOD
HOLOCAUST FUND**
Best wishes to Jack Steinberg for a r'fuah sh'leimah by Valerie and Mendel Good.

**VICTOR AND RACHEL
GOULD FUND**
In memory of Grete Cohen by Rae Gould.

**GILBERT AND BESS
GREENBERG
MEMORIAL FUND**
In memory of Lou Stoll by Clara Slack and family.

**ZELDA AND JOHN
GREENBERG FUND**
In memory of Bernie Schwartz's father by Zelda and John Greenberg.

**GROSSMAN KLEIN
FAMILIES FUND**
Best wishes to Sandy Segal for a r'fuah sh'leimah by Vera and Leslie Klein.

Best wishes to Gilda and Ned Steinman on the birth of their son by Vera and Leslie Klein.

Best wishes to Lorne and Barbara Solomon Brown on the birth of their son by Vera and Leslie Klein.

**SHEILA AND ERIC
HAMMER
MEMORIAL FUND**
In observance of the Yartzheit of my dear sister Sheila Hammer by Ann Polowin.

**HILLEL ACADEMY
ENDOWMENT FUND**
Best wishes to Harry Fleisher for a speedy recovery by Marcia and Harold Sachs.

**HILLEL LODGE
ENDOWMENT FUND**
In memory of Grete Cohen by Muriel Ginsberg.

Best wishes to Harvey Glat for a healthy recovery by Simmy and Chuck Gardner.

In memory of Joseph Goldberg by Ann and Art Lazar.

**HY AND PAULINE
HOCHBERG FUND**
Best wishes to Ben Matchen on his special birthday by Pauline Hochberg.

**JEANNE AND JACIE
HORWITZ FUND**
In memory of Dr. A. Bernstein's sister by Jeanne and Jacie Horwitz and Betsy Borden.
In memory of Grete Cohen by Jeanne and Jacie Horwitz.

**DOROTHY AND HY
HYMES FUND**
Best wishes to Linda and Archie Cogan on their 25th wedding anniversary by Dorothy and Hy Hymes.
In memory of Grete Cohen by Dorothy and Hy Hymes.

**JEWISH FAMILY SERVICES
AGENCY FUND**
In memory of Grete Cohen by Margo Schwartz.
Mazal Tov to Stan and Cathy Levine on the birth of their son by Roz and Stan Labow.
Best wishes to Barry and Selma Davis on their wedding anniversary by Sandra and Norman Slover.

**JEREMY KANTER
MEMORIAL FUND**
Best wishes to Lou Eisenberg on his special birthday by Leslie and Lionel Shinder.

**MAX AND DORA
KAPINSKY KARP
MEMORIAL FUND**
In memory of Grete Cohen by Dorothy and Maurie Karp.
Best wishes to Sylvia Morson for a r'fuah sh'leimah by Fay and Nap Kapinsky.

**CLAIRE AND ABE
KEVANSTEIN FUND**
Best wishes to Jack Steinberg for a r'fuah sh'leimah by Claire Kevanstein.

**GERRY AND RACHELLE
KOFFMAN FUND**
Mazal Tov to Rachelle and Gerry Koffman on Joshua's Bar Mitzvah by the Kagedan family.

**GERTRUDE (PLEET)
KOTLARSKY
MEMORIAL FUND**
In observance of the Yartzheit of our dear mother, Chaya (Goldberg) Kotlarsky, 23 Heshvan, by Mary Cowan and Harry Kotlarsky.

KOVOD FUND
In memory of Glen Wolfson's father by Barbara Carswell.
In memory of Margaret Lazarus by Sarah and Harry Torontow.

**KRANTZBERG-KRANE
FAMILY FUND**
Best wishes to Linda Smith on her special birthday by Clair and Julius Krantzberg.
In memory of a loving aunt Grete Cohen by Frances Fagin-Krantzberg, Sheila and Jeff.
Best wishes to Jack Steinberg for a speedy recovery by Evelyn Krane and Irving Berlin.

**SAMUEL AND IRENE
KRONICK FUND**
In observance of the Yartzheit of our beloved father Solomon Coplan, 9 Kislev, by Irene Kronick and Lou Coplan.

**MAYER AND ROSE
LANDAU
MEMORIAL FUND**
In memory of Julius Loeb by Sally and Morton Teller.

**HARRY LEIKIN
ENDOWMENT FUND**
Best wishes to Claire Fogel on her special birthday by Bella and Harry Leikin.

(Continued next page)

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SAMUEL AND MARY LESH MEMORIAL FUND
Best wishes to Bernice Lesh for a r'fuah sh'leimah by Med Hassan.

MURIEL LEVINE MEMORIAL FUND
In memory of Grete Cohen by Cathy and Stan Levine.

HARRY AND FRIEDA LEVITAN FUND
Best wishes to Bernice Lesh for a r'fuah sh'leimah by Sally and Elliott Levitan.

JOSEPH AND JEAN LICHTENSTEIN FUND
Mazal Tov to Mr. and Mrs. Edward Freedman on the marriage of their grandson by Lesh and Ken Miller.

MURRAY AND MARY MACY FUND
Mazal Tov to Mr. and Mrs. Issie Farber on the birth of their granddaughter by Mary and Murray Macy.

Mazal Tov to Barbara Sugarman on the birth of her granddaughter by Mary and Murray Macy.

Best wishes to Gil Vered on his 40th birthday by Aunt Mary and Uncle Murray Macy.

Mazal Tov to Mr. and Mrs. Herb Nadolny on the birth of their granddaughter by Mary and Murray Macy.

In memory of Jennie Cohen by Mary and Murray Macy.

In memory of Grete Cohen by Mary and Murray Macy.

EDGAR AND GERTRUDE MARKS FUND
In memory of Grete Cohen by Gert Marks.

DAVE, LOUIS AND LAZ MIRSKY FUND
In memory of Grete Cohen by Cayla and Michael Baylin.

Best wishes to Mr. and Mrs. Lou Lief on their wedding anniversary by Debbie and Herb Cosman and family.

Best wishes to Mr. and Mrs. Harold Davis on their wedding anniversary by Debbie and Herb Cosman and family.

ABRAM AND EDITH MOLOT MEMORIAL FUND
Best wishes to David Molot on his 80th birthday by Barbara Sugarman.

In memory of Grete Cohen by Barbara Sugarman.

Best wishes to David and Lottie Molot on their 50th wedding anniversary by Barbara Sugarman.

MORRIS MOLOT MEMORIAL FUND

Best wishes to Lottie and Dave Molot on their 50th wedding anniversary by Sibyl and Laz Mirsky.

Best wishes to Dave Molot on his special birthday by Sibyl and Laz Mirsky.

HERBERT AND DOROTHY NADOLNY FUND

Mazal Tov to Dorothy and Herb Nadolny on the birth of their granddaughter by Rose and Chick Taylor, and Ethel and Irving Taylor.

JEAN AND MAX NAEMARK FAMILY FUND

Best wishes to our Mom (Jean Naemark) on her birthday by Ben, Leonard, Michael, Lisa and Steven; and by Andrew, Stuart, Shawn and Eric.

Best wishes to Jean Naemark on her birthday by Blanche and Joe Osterer.

Best wishes to Gay Shear on her birthday by Jean and Max Naemark and family.

Best wishes to Sylvia Monson for a speedy and complete recovery by Jean and Max Naemark.

In observance of the Yartzheit of a dear sister and sister-in-law Ruth Pollick by Jean and Max Naemark.

OTTAWA LODGE B'NAI BRITH

PAST PRESIDENTS' FUND
In memory of Jack Winter by Ottawa Lodge No. 885 B'nei Brith.

OTTAWA MODERN JEWISH SCHOOL FUND

In memory of Pauline Friedman by Myrna and Norman Barwin.

In memory of Grete Cohen by Myrna and Norman Barwin.

OTTAWA POST, JEWISH WAR VETERANS OF CANADA FUND

By Al Cohen; by Milton Wiseman; and by N.D.M. Leaschels.

In appreciation to Ottawa Post, Jewish War Veterans of Canada by Zelde and Herman Roodman.

In memory of Issie Kardish by Shirley Kardish and family.

ABE AND BERTHA PALMER FAMILY FUND

In observance of the Yartzheit of my mother and father Rose and Moshe Palmer by Molly Palmer Phomin.

In memory of Louis Rubin by Molly Phomin.

JOSEPH PETIGORSKY MEMORIAL FUND

In memory of Grete Cohen by Miriam Petigorsky.

Best wishes to Mr. and Mrs. Phil Swedlove on their 50th wedding anniversary by Miriam Petigorsky; and by Rena Polowin.

With sincere appreciation to Blanche Osterer by Miriam Petigorsky and Rena Polowin.

Mazal Tov to Cathy and Stan Levine on the birth of their son by Minnie and Sam Petigorsky.

JACK AND MIRIAM PLEET FUND

In memory of Grete Cohen by Jack and Miriam Pleet.

NANCY AND LARRY PLEET FUND

Best wishes to Sylvia and Morton Pleet on their 40th wedding anniversary by Nancy and Larry Pleet.

BENJAMIN AND BESSIE POLOWIN MEMORIAL FUND

In observance of the Yartzheit of my dear father Berei Polowin by Ann Polowin.

NORMAN AND EVELYN POTECHIN FUND

Best wishes to Gert Goldstein on her special birthday by Evelyn and Norman Potechin.

Mazal Tov to Maureen and Is Shinder on their marriage by Evelyn and Norman Potechin.

Best wishes to Joel Seher on his birthday by Aunt Evelyn and Uncle Norman Potechin.

Best wishes to Judy Wolfe on her special birthday by Evelyn and Norman Potechin.

HERMAN AND ZELDA ROODMAN FUND

In memory of Grete Cohen by

Zelda and Herman Roodman.

In observance of the Yartzheit of our dear sister Frances and brothers Joseph and Archie Roodman by Ida, Betty and Herman.

Congratulations to Cynthia Engel for her many years of devotion to the Ottawa Jewish Community Bulletin and Review by Zelda and Herman Roodman.

SAMUEL AND RUTH ROTHMAN MEMORIAL FUND

In observance of the Yartzheit of Alex Rothman, beloved husband, father and grandfather by Frances Rothman and family.

ISSIE AND MINNIE SANDLER MEMORIAL FUND

Congratulations to Is Shinder and Maureen Newton on their marriage by Minnie and Mutt Greenberg and family.

HARRY AND FRANCES SAXE FUND

In memory of Grete Cohen by Frances and Harry Saxe.

In observance of the Yartzheit of my beloved father, Max Climan and beloved brothers Saul Climan and Dave Climan by Frances Saxe.

DR. NATHAN AND TESSE SCHECHTER FUND

Best wishes to Tom Sachs on his 100th birthday by Tesse and Nat Schechter.

SAMUEL AND LEA SCHREIBER FUND

In memory of Grete Cohen by Molly and Sol Sherman.

VERA AND SAM SCHWARTZ FUND

Best wishes to Elizabeth Rubin for a speedy recovery by Vera and Sam Schwartz.

MAURICE AND GOLDIE SHABINSKY MEMORIAL FUND

Mazal Tov to Is Shinder and Maureen Newton on their marriage by Gloria and Barry Trainoff and family.

SYLVIA SHERMAN MEMORIAL FUND

In memory of Messrs. Sam and Issie Rombert's mother by Molly and Sol Sherman.

HARRY AND SYLVIA SHINDER MEMORIAL FUND

Best wishes to Jack Steinberg for a r'fuah sh'leimah by Ethel and David Malek.

CHARLOTTE AND MOE SLACK FUND

In memory of Harry Plotnick by Charlotte Slack.

JACK AND LINDA SMITH FUND

Best wishes to Linda Smith on her special birthday by Valerie and Mendel Good; and by Dora and Sam Litwack.

In memory of Jack Winter by Linda, Jack and David Smith.

KALMAN AND SYLVIA SMITH FUND

In memory of Grete Cohen by Sylvia Smith.

GUSTAVE AND ESTHER SOLMAN FUND

In observance of the Yartzheit of my sister Anne Steinberg by Gustave Solman.

BEATRICE AND NORMAN STEINBERG FUND

Best wishes to Mr. and Mrs. S. Pollock on their 65th wedding anniversary by Beatrice Stein.

LOUIS AND LEAH STEINBERG MEMORIAL FUND

Best wishes to Jack Steinberg for a r'fuah sh'leimah by Audrey and Irwin Kreisman and family.

CASEY AND BESS SWEDLOVE FUND

Best wishes to Bert Klugsberg for a r'fuah sh'leimah by Bess and Casey Swedlove.

RACHEL AND ZELIG SWEDLOVE MEMORIAL FUND

In memory of Grete Cohen by Freda Litwack.

ARCHIE AND LILLIAN TALLER FUND

In memory of Beatrice Mary Rockburne by Lillian and Archie Taller.

JAY B. TALLER MEMORIAL FUND

In memory of Uncle Julius Locbl by Alex, Lynda and Tara Wakter.

SAMUEL AND ANNE TALLER FUND

Best wishes to Harry Fleisher for a speedy recovery by Enid and Jeff Gould.

In memory of Grete Cohen by Anne Taller.

In memory of Sophie Cohen by Marilyn Wasserman.

CLAIRE AND SAM TANNER MEMORIAL FUND

In memory of Grete Cohen by Gert Waxman.

SAUL AND FANNY TANNER MEMORIAL FUND

Congratulations to Mr. and Mrs. Karl Menezies on the birth of their granddaughter by Stephen, Wendy, Ellen and Jodi Waxman.

In memory of Israel Cohen by Stephen, Wendy, Ellen and Jodi Waxman.

CHARLES AND RAE TAVEL MEMORIAL FUND

Best wishes to Joanne and David Polsky in their new home by Harris Pleet.

In memory of Jennie Sachs by Sunny and John Tavel.

In memory of Israel Cohen by Sunny, John, Robyn, Lesley and Ross Tavel.

In memory of Grete Cohen by Sunny and John Tavel.

In memory of Ruth Sadava by Sunny and John Tavel.

In memory of Sophie Cohen by Sunny and John Tavel.

MOSES, CHENYA AND HENRY TORONTOW MEMORIAL FUND

Best wishes to Jean Naemark on her birthday by Bea Torontow and family.

PEARL AND EDWARD TORONTOW FUND

Best wishes to Jean and Max Naemark on their birthdays by Pearl Torontow.

RUTH AND JOE VINER FUND

Congratulations to Bob Viner on his appointment as a partner in his law firm by Dorothy and Herb Nadolny.

HARRY AND RAE WEIDMAN MEMORIAL FUND

Mazal Tov to Rabbi Arnold Fine on being named the 1992 Negev Dinner Honoree by Roslyn and Myles Taller.

MIRIAM AND LOUIS WEINER FUND

Congratulations to Terry Leikin Levine on her Bat Mitzvah by Miriam and Lou Weiner.

MORRIS AND MARIETTE WOOLFSON FUND

In memory of Grete Cohen by Roslyn and Gerry Snyder; and by Morris and Mariette Woolfson.

Best wishes to Mariette Woolfson on her birthday by Roslyn and Gerry Snyder.

SAM AND HELENE ZARET FUND

Best wishes to Dr. and Mrs. Sydney Kronick on their anniversary by Helene Zaret.

NATHAN, DAVID AND MAX ZELIKOVITZ FAMILIES FUND

Best wishes to Jess and Wendy Zelikovitz on their special anniversary by Enid, Laurie and Debbie Bultz; and by David, Margo, Aaron and Gail Kardish.

Contributions may be made by phoning Howard Goldberg at 232-7306, Monday to Friday 10-4. Attractive cards are sent to convey the appropriate sentiments. All donations are acknowledged with an official receipt for income tax purposes. WE ACCEPT VISA.

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Community Calendar

The following information is taken from the community calendar maintained by the Women's Federation of the Jewish Community Council. Organizations who would like their events to be listed, no matter where they are to be held, should make sure they are recorded by advising Howard Goldberg, Calendar Co-ordinator at 232-7306 between 10 a.m. and 4 p.m. Accurate details must be provided on the Community Calendar Organization Forms sent to every communal organization.

Saturday, November 28
JEWISH COMMUNITY CENTRE
ARTS ALIVE
TO RUN FROM NOVEMBER 28 UNTIL
DECEMBER 2
 Jewish National Fund Blue Box Exchange, Jewish Community Centre, 151 Chapel Street.

Sunday, November 29
 N.C.S.Y. and Arts Alive Present Martin Davidson and the Yachad Band, Jewish Community Centre, 151 Chapel Street, 7:30 p.m.

Jewish National Fund Blue Box Exchange, Jewish Community Centre, 151 Chapel Street.

Monday, November 30
 Jewish Community Centre Golden Age Club Meeting, "Arts Alive Program", Jewish Community Centre, 151 Chapel Street, 1:00 p.m.

B'nai Brith Parliament Lodge Millionaire's Night, Citadel Inn, Lyon Street, 6:30 p.m.

Community Relations Committee Panel on "Canadian Unity", Jewish Community Centre, 151 Chapel Street, 7:30 p.m. (Arts Alive Program).

Wednesday, December 2
 Israel Program Centre Rosh Chodesh Lecture, Guest Speaker: Dr. Ben-Zion Pinchuk, Machzikei Hadas Synagogue, 2310 Virginia Drive, 8:00 p.m.

Saturday, December 5
 Jewish Community Centre and Sephardi Association of Ottawa Gala Dinner and Dance, Jewish Community Centre, 151 Chapel Street, 7:30 p.m.

Sunday, December 6
 Beth Shalom West Men's Club Breakfast, Guest Speaker: Israeli Ambassador Shalef, "Peace Process", Beth Shalom West, 15 Chartwell Avenue, 9:15 a.m.

Jewish Community Centre Sunday Funday for Children, "Chanukah Gelt Workshop", Jewish Community Campus, 881 Broadview Avenue, 1:30 - 3:30 p.m.

Jewish Community Centre Mammie Loshen Chevra Yiddish Film Nite: "A Wedding in Shtetl", Jewish Community Campus, 881 Broadview Avenue, 8:00 p.m.

Monday, December 7
 Jewish Community Centre Golden Age Club Bingo Luncheon, Jewish Community Centre, 151 Chapel Street, 12:30 p.m.

Tuesday, December 8
 O.R.T. Chavariot Chapter Meeting and Cooking Demonstration with Chef Tamas Ronyai, Home of Lynn Shabinsky, 11 Chesswood Court, 7:30 p.m.

Machzikei Hadas Sisterhood General Meeting and Program, "Breast Cancer Screening", Machzikei Hadas Synagogue, 2310 Virginia Drive, 8:00 p.m.

Wednesday, December 9
 Ottawa Lodge B'nai Brith Cocktail Party and Car Draw, Machzikei Hadas Synagogue, 2310 Virginia Drive, 6:30 p.m.

Sunday, December 13
 Jewish Community Centre and Machzikei Hadas Synagogue Sundays are for Kids, "Chanukah Gelt Workshop", Machzikei Hadas Synagogue, 2310 Virginia Drive, 1:30 - 3:30 p.m.

Jewish Community Centre/Barrhaven Jewish Community Association Annual Chanukah Party, 19 Perrin Avenue, 3:00 - 5:00 p.m.

Monday, December 14
 Jewish Community Centre Golden Age Club Meeting, Guest Speaker: Rabbi I. Tanenbaum: "Women and Judaism In The 21st Century", Jewish Community Centre, 151 Chapel Street, 1:00 p.m.

Thursday, December 17
 Jewish Community Centre, and Jewish Family Services "Adults for Lively Leisure" Luncheon, Agudath Israel Synagogue, 1400 Coldrey Avenue, 12:30 p.m.

Saturday, December 19
 Machzikei Hadas Synagogue Chanukah Dinner and Dance, Machzikei Hadas Synagogue, 2310 Virginia Drive, 7:00 p.m.

Monday, December 21
 Jewish Community Centre Golden Age Club Chanukah Luncheon, Jewish Community Centre, 151 Chapel Street, 12:30 p.m.

Monday, December 28
 Jewish Community Centre Golden Age Club Meeting and Exercise Workshop, Jewish Community Centre, 151 Chapel Street, 1:00 p.m.

Friday, January 1
NEW YEARS DAY BUILDING CLOSED

Christians, Muslims and Jews condemn suffering

A unique, concerned, and unusual coalition of Christians, Jews, and Muslims have joined together to condemn the human suffering in Bosnia-Herzegovina.

In a letter November 10 to Prime Minister Mulroney, seven groups have urged Canada to take a leadership role in stopping the tragedy.

Ethnic cleansing, torture, and murder are "a grim reminder of other dark times in history" according to the letter.

"People of all faiths are shocked and outraged by the

atrocities and barbarism," said Dr. Morton Lang, President of the Canadian Council For Conservative Judaism. "Our common goal to stop the suffering transcends all religious and political boundaries."

The letter was signed by B'nai Brith Canada, Canadian Council for Conservative Judaism, Canadian Council for Reform Judaism, Canadian Council of Churches, Islamic Society of North America, Synagogue Council of Greater Montreal, and Vaad Harabonim Orthodox Rabbinate of Toronto.



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- Travel Adventures - 8 Saturdays at different hills, including Mont Tremblant (ages 13-18)
- New Sunday Program - 8 Sundays at Cascades & Mt. St. Marie (ages 6-18)
- Spring Break Ski Camp at Mont Tremblant

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Applications also at:
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SHALOM OTTAWA

The Ottawa Jewish Community Cable TV Show
 with hosts
 Marion Silver and Ed Fine

Shown on Cable 22
 Monday, December 21, 10:00 p.m.
 Thursday, December 24, 2:00 p.m.


Featuring:

- Jory Steinberg
- Making Chocolate Chanukah Gelt
- An Interview with Mayor Jacquelin Holzman

Cut the Fat! 4 Fat-Fighting Ideas

1. Use very little butter, margarine and salad oils.
2. Choose milk, cottage cheese and yogurt with 2% or less butterfat; cheese with 15% or less butterfat; sherbet instead of ice cream.
3. Eat small servings (50 grams or 3 oz) of meat, fish and poultry.
4. Ease up on cookies, cakes and other baked goods.

For more information on heart healthy eating, contact your local chapter of the Heart and Stroke Foundation of Ontario.



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Shabbat Candlelighting

November 27 — 4:05 p.m.
 December 4 — 4:02 p.m.
 December 11 — 4:01 p.m.

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Condolences

Condolences are extended to the families of:
 Joseph Kohn, Montreal (father of Sophie Kohn Kaminsky)
 Eva Seter
 May their memories be a blessing.



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NOTICE TO THE COMMUNITY

Effective
 January 16, 1993
 the Jewish
 Community
 Council
 will have a
 new phone
 number.

The number will be
789-7306